

CB ACADEMY MONTHLY PLANNER

MONTH:

March - martial arts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Ultimate Warm up (17 mins) Hook kick Round Kick combo (6 mins)	2 Improve your balance & Control (25 mins)	3 Higher Kicks Class (14 mins)	4 Footwork Fundamentals (10 mins)	5 Rest Day	6 Rest Day
7 KickFit New workout (9 mins)	8 Understanding the Strength behind our kicks (50 mins)	9 Freestyle Footwork Fundamentals (12 mins)	10 Bo Warm up (19 mins) Drop Catch (6 mins)	11 Forms Challenge (9 mins)	12 Rest Day	13 Rest Day
14 Balance Routine (14 mins)	15 Optimal Kicks workout (40 mins)	16 Ultimate Warm up (17 mins) 360 hook (4 mins)	17 360 hook to tornado kick (5 mins)	18 360 hook, tornado, hook combo (6 mins)	19 Rest Day	20 Rest Day
21 Optimal Kicks workout (43 mins)	22 Bo Warm up (19 mins) Strike Sequence (5 mins)	23 Hand Combination one (7 mins)	24 Hand Combination Two (8 mins)	25 Spin Hook Variations (46 mins)	26 Rest Day	27 Rest Day
28 Let's Jump Rope (11 mins)	29 Combination Drills (6 mins)	30 Optimal Kicks Workout (27 mins)	31 Kip Up Tutorial (10 mins)		Rest Day	Rest Day