

# CB ACADEMY MONTHLY PLANNER

MONTH:

*May - access all*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>2</b> Full Body Refresh (30 mins)	<b>3</b> Back to Basics (40 mins)	<b>4</b> My go to for box splits (15 mins)	<b>5</b> Understanding the Strength behind our kicks (50 mins)	<b>6</b> Hip Recovery (16 mins)	<b>7</b> Rest Day	<b>8</b> Rest Day
<b>9</b> Improve your balance & Control (25 mins)	<b>10</b> Optimal Kicks workout (40 mins)	<b>11</b> Morning Mobility (10 mins)	<b>12</b> Higher Kicks Class (14 mins)	<b>13</b> New Kickfit Workout (16 mins)	<b>14</b> Rest Day	<b>15</b> Rest Day
<b>16</b> 30 minutes to a faster Split (30 mins)	<b>17</b> Leg Workout with resistance bands (14 mins)	<b>18</b> Restorative Stretch (19 mins)	<b>19</b> Front Split flow (16 mins)	<b>20</b> Footwork Fundamentals (10 mins)	<b>21</b> Rest Day	<b>22</b> Rest Day
<b>23</b> Freestyle Footwork Fundamentals (12 mins)	<b>24</b> Hand Combination 1 (7 mins) Hand Combination 2 (8 mins)	<b>25</b> Stretch & Sculpt (16 mins)	<b>26</b> Stretch with stability (12 mins)	<b>27</b> KickFit New workout (11 mins)	<b>28</b> Rest Day	<b>29</b> Rest Day
<b>30</b> Flexy Flow (22 mins)	<b>31</b> Stretch for Fulfillment (25 mins)				Rest Day	Rest Day