

CB ACADEMY MONTHLY PLANNER

MONTH:

April - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Warmup (15 mins) Quick everyday flow (5 mins)	2 Rest Day	3 Rest Day
4 Flexy Flow (22 mins)	5 Stretch & Sculpt (16 mins)	6 Yoga for Stress and Anxiety (19 mins)	7 Morning Mobility (10 mins)	8 Yoga for Fulfillment (25 mins)	9 Rest Day	10 Rest Day
11 Booty Blast Flow (20 mins)	12 Inner Thigh Stretch and tone (16 mins)	13 Shoulder Workout (Resistance Bands) (20 mins)	14 Stretch & Tone (42 mins)	15 Core and inner thigh workout (13 mins)	16 Rest Day	17 Rest Day
18 Box splits masterclass (40 mins)	19 Awaken your hips (13 mins)	20 Restorative Stretch (19 mins)	21 Front Splits flow (16 mins)	22 Hip Recovery workout (15 mins)	23 Rest Day	24 Rest Day
25 Shoulder Mobility (15 mins)	26 Upper Body Feel Good (14 mins)	27 Lower Body (20 mins)	28 Hip Release (16 mins)	29 Seated Stretch (30 mins)	30 Rest Day	Rest Day