

CB ACADEMY MONTHLY PLANNER

MONTH:

April - martial arts

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