

CB ACADEMY MONTHLY PLANNER

MONTH:

May - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2</p> <p>Warmup (15 mins) Yogi Squat (7 mins)</p>	<p>3</p> <p>Full Body Refresh (30 mins)</p>	<p>4</p> <p>Stretch & Sculpt (16 mins)</p>	<p>5</p> <p>Kickfit Workout (16 mins)</p>	<p>6</p> <p>Yoga for Fulfillment (25 mins)</p>	<p>7</p> <p>Rest Day</p>	<p>8</p> <p>Rest Day</p>
<p>9</p> <p>My go to for box splits (15 mins)</p>	<p>10</p> <p>Hip Recovery (16 mins)</p>	<p>11</p> <p>Yoga for Stress and Anxiety (19 mins)</p>	<p>12</p> <p>Morning Mobility (10 mins)</p>	<p>13</p> <p>Awaken your hips (13 mins)</p>	<p>14</p> <p>Rest Day</p>	<p>15</p> <p>Rest Day</p>
<p>16</p> <p>Seated Stretch (30 mins)</p>	<p>17</p> <p>Stretch with stability (12 mins)</p>	<p>18</p> <p>Booty Blast Flow (20 mins)</p>	<p>19</p> <p>Stretch & Tone (42 mins)</p>	<p>20</p> <p>Front Splits flow (16 mins)</p>	<p>21</p> <p>Rest Day</p>	<p>22</p> <p>Rest Day</p>
<p>23</p> <p>30 minutes to a faster Split (30 mins)</p>	<p>24</p> <p>Quick Flow (4 mins)</p>	<p>25</p> <p>Core and inner thigh workout (13 mins)</p>	<p>26</p> <p>Shoulder Mobility (15 mins)</p>	<p>27</p> <p>Inner Thigh Stretch and tone (16 mins)</p>	<p>28</p> <p>Rest Day</p>	<p>29</p> <p>Rest Day</p>
<p>30</p> <p>Static Stretches (14 mins)</p>	<p>31</p> <p>Dynamic session (10 mins)</p>				<p>Rest Day</p>	<p>Rest Day</p>