

# CB ACADEMY MONTHLY PLANNER

MONTH:

*May - martial arts*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>2</b> Back to Basics (40 mins)	<b>3</b> Improve your balance & Control (25 mins)	<b>4</b> New Kickfit Workout (16 mins)	<b>5</b> Understanding the Strength behind our kicks (50 mins)	<b>6</b> Balance Routine (14 mins)	<b>7</b> Rest Day	<b>8</b> Rest Day
<b>9</b> Footwork Fundamentals (10 mins)	<b>10</b> Hand Combination one (7 mins)	<b>11</b> Freestyle Footwork Fundamentals (12 mins)	<b>12</b> Hand Combination Two (8 mins)	<b>13</b> Learn a Form (9 mins)	<b>14</b> Rest Day	<b>15</b> Rest Day
<b>16</b> Ultimate Warm up (17 mins)	<b>17</b> Optimal Kicks workout (40 mins)	<b>18</b> Directional Kicking Exercise (8 mins)	<b>19</b> KickFit New workout (11 mins)	<b>20</b> Leg Workout with resistance bands (14 mins)	<b>21</b> Rest Day	<b>22</b> Rest Day
<b>23</b> Optimal Kicks workout (43 mins)	<b>24</b> Combination Drills (6 mins)	<b>25</b> Spin Hook Variations (46 mins)	<b>26</b> How to Back sweep (3 mins)	<b>27</b> Hip recovery workout (17 mins)	<b>28</b> Rest Day	<b>29</b> Rest Day
<b>30</b> Higher Kicks Class (14 mins)	<b>31</b> Active recovery workout (18 mins)				Rest Day	Rest Day