

# CB ACADEMY MONTHLY PLANNER

MONTH:

*June - access all*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1</b> Flexy Flow (20 mins)	<b>2</b> Lower Body (18 mins)	<b>3</b> Upper Body (25 mins)	<b>4</b> Rest Day	<b>5</b> Rest Day
<b>6</b> Understanding the strength behind our kicks (50 mins)	<b>7</b> Beginner Balance routine (14 mins)	<b>8</b> Full body refresh (30 mins)	<b>9</b> Higher Kicks Class (20 mins)	<b>10</b> Hip recovery session (16 mins)	<b>11</b> Rest Day	<b>12</b> Rest Day
<b>13</b> 30 minutes to a faster Split (30 mins)	<b>14</b> Optimal Kicks (40 mins)	<b>15</b> Kickfit Workout (16 mins)	<b>16</b> Front Split flow (16 mins)	<b>17</b> Flowing into splits (26 mins)	<b>18</b> Rest Day	<b>19</b> Rest Day
<b>20</b> Balance drills (25 mins)	<b>21</b> Back to Basics (39 mins)	<b>22</b> Morning Mobility (10 mins)	<b>23</b> Full body MOT (30 mins)	<b>24</b> Directional Kicking drill (8 mins)	<b>25</b> Rest Day	<b>26</b> Rest Day
<b>27</b> Recovery & rehab (37 mins)	<b>28</b> Glute fix (20 mins)	<b>29</b> Core and inner thigh workout (13 mins)	<b>30</b> Relax & move (18 mins)		Rest Day	Rest Day