

CB ACADEMY MONTHLY PLANNER

MONTH:

June - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Flexy Flow (20 mins)	2 Lower Body (18 mins)	3 Upper Body (25 mins)	4 Rest Day	5 Rest Day
6 Core Feel Good (17 mins)	7 Hip Mobility (18 mins)	8 Shoulders (20 mins)	9 Glute fix (20 mins)	10 Full body refresh (30 mins)	11 Rest Day	12 Rest Day
13 Wake & Move (12 mins)	14 Flowing into splits (26 mins)	15 Hip recovery session (16 mins)	16 Stretch & Tone (42 mins)	17 Front Splits flow (16 mins)	18 Rest Day	19 Rest Day
20 Morning Mobility (10 mins)	21 My go-to stretches! (10 mins)	22 Core and inner thigh workout (13 mins)	23 Yoga for fulfilment (25 mins)	24 Box splits masterclass (42 mins)	25 Rest Day	26 Rest Day
27 Gentle seated stretch (30 mins)	28 Full body MOT (30 mins)	29 Relax & move (18 mins)	30 Active recovery (18 mins)		Rest Day	Rest Day