

CB ACADEMY MONTHLY PLANNER

MONTH:

June - martial arts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Understanding the strength behind our kicks (50 mins)	2 Beginner Balance routine (14 mins)	3 Higher Kicks Class (20 mins)	4 Rest Day	5 Rest Day
6 Footwork Fundamentals (10 mins)	7 Optimal Kicks (40 mins)	8 Kickfit Workout (16 mins)	9 Core and inner thigh workout (13 mins)	10 Active recovery workout (18 mins)	11 Rest Day	12 Rest Day
13 Bo staff warm up/workout (17 mins)	14 Bo Strike Sequence (6 mins)	15 Intermediate strike sequence (4 mins)	16 Fake Neck Roll (6 mins)	17 Around the World (6 mins)	18 Rest Day	19 Rest Day
20 Balance drills (25 mins)	21 Back to Basics (39 mins)	22 Twist kick tutorial (7 mins)	23 Directional Kicking drill (8 mins)	24 Kip-up Tutorial (10 mins)	25 Rest Day	26 Rest Day
27 Recovery & rehab (37 mins)	28 Shoulder roll (bo staff) (7 mins)	29 Advance kickfit (5 mins)	30 Super kicking session (36 mins)		Rest Day	Rest Day