

CB ACADEMY MONTHLY PLANNER

MONTH:

July - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Full body refresh (30 mins)	2 Rest Day	3 Rest Day
4 Wake & Move (12 mins)	5 Stretch & Sculpt (16 mins)	6 Ab Frenzy (10 mins)	7 Yogi Squat (7 mins)	8 Awaken your hips (13 mins)	9 Rest Day	10 Rest Day
11 Yoga for Fulfilment (25 mins)	12 Box splits masterclass (42 mins)	13 Camel Pose (8 mins)	14 Stretch & Tone (42 mins)	15 Gentle seated stretch (30 mins)	16 Rest Day	17 Rest Day
18 Kickfit Workout (16 mins)	19 Stability ball Full Body stretch (12 mins)	20 Morning Mobility (10 mins)	21 Stability lower body blast (13 mins)	22 Flowing into splits (26 mins)	23 Rest Day	24 Rest Day
25 Hip release for beginners (15 mins)	26 Must do stretches for middle splits (15 mins)	27 Full Body Stretch (30 mins)	28 30 Minute Feel good (30 mins)	29 Front Splits flow (16 mins)	30 Rest Day	31 Rest Day