

CB ACADEMY MONTHLY PLANNER

MONTH:

July - martial arts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Kickfit Workout (16 mins)	2 Rest Day	3 Rest Day
4 Back to Basics (39 mins)	5 Improve your balance & control (25 mins)	6 Higher Kicks Class (20 mins)	7 Understanding the strength behind our kicks (50 mins)	8 Beginner Balance routine (14 mins)	9 Rest Day	10 Rest Day
11 Bo staff warm up/workout (17 mins) Bo Strike Sequence (6 mins)	12 Footwork Fundamentals (10 mins)	13 Freestyle Footwork (12 mins)	14 Kip Up Tutorial (10 mins)	15 Jump Sequence (6 mins)	16 Rest Day	17 Rest Day
18 Directional Kicking drill (8 mins)	19 Resistance leg workout (14 mins)	20 Optimal Kicks (37 mins)	21 Active recovery workout (18 mins)	22 Kickfit Workout (16 mins)	23 Rest Day	24 Rest Day
25 Front Kick to Side Kick combo (6 mins)	26 Side kick to Round Kick combo (5 mins)	27 Axe Kick to Round Kick Combo (5 mins)	28 Bo staff warm up/workout (17 mins) Horizontal handroll (4 mins)	29 Bo staff warm up/workout (17 mins) Fake neck roll (6 mins)	30 Rest Day	31 Rest Day