

# CB ACADEMY MONTHLY PLANNER

MONTH:

*August - access all*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> Wake & Move (12 mins)	<b>2</b> Improve your balance & control (25 mins)	<b>3</b> Yoga for Fulfilment (25 mins)	<b>4</b> Beginner Balance routine (14 mins)	<b>5</b> Gentle seated stretch (30 mins)	<b>6</b> Rest Day	<b>7</b> Rest Day
<b>8</b> Shoulder Stretch (14 mins) Around the World (6 mins)	<b>9</b> Bo Staff Warm Up (16 mins) 360 spin (4 mins)	<b>10</b> Upper Body stretch (14 mins)	<b>11</b> Fake neck roll (6 mins) punch release (3 mins)	<b>12</b> hand rolls (8 mins) horizontal hand rolls (3 mins)	<b>13</b> Rest Day	<b>14</b> Rest Day
<b>15</b> Full Body Stretch (30 mins)	<b>16</b> Box splits masterclass (42 mins)	<b>17</b> Back to Basics (39 mins)	<b>18</b> 30 Minute Feel good (30 mins)	<b>19</b> Optimal Kicks (30 mins)	<b>20</b> Rest Day	<b>21</b> Rest Day
<b>22</b> Front Splits flow (16 mins)	<b>23</b> Hip Release (18 mins)	<b>24</b> Higher Kicks Class (20 mins)	<b>25</b> Release your glutes (20 mins)	<b>26</b> Stretch your core (15 mins)	<b>27</b> Rest Day	<b>28</b> Rest Day
<b>29</b> Jump Rope (13 mins)	<b>30</b> Core & Inner thigh (13 mins)	<b>31</b> Kickfit Workout (16 mins)			Rest Day	Rest Day