

CB ACADEMY MONTHLY PLANNER

MONTH:
August - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Wake & Move (12 mins)	2 Yoga for Fulfilment (25 mins)	3 Stretch & Tone (42 mins)	4 Gentle seated stretch (30 mins)	5 Full body refresh (30 mins)	6 Rest Day	7 Rest Day
8 Shoulder Stretch (14 mins)	9 Stretch your core (15 mins)	10 Release your glutes (20 mins)	11 Upper Body (14 mins)	12 Lower Body (20 mins)	13 Rest Day	14 Rest Day
15 Full Body Stretch (30 mins)	16 Box splits masterclass (42 mins)	17 30 Minute Feel good (30 mins)	18 Front Splits flow (16 mins)	19 Hip Release (18 mins)	20 Rest Day	21 Rest Day
22 Kickfit Workout (16 mins)	23 Stability lower body blast (13 mins)	24 Core & Inner thigh (13 mins)	25 Jump Rope (13 mins)	26 Ankle weight workout (20 mins)	27 Rest Day	28 Rest Day
29 Awaken your hips (12 mins)	30 Flowing into splits (26 mins)	31 Recovery workout (18 mins)			Rest Day	Rest Day