

# CB ACADEMY MONTHLY PLANNER

MONTH:  
*September - flexibility*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			 <b>1</b> Morning Stretch (13 mins)	<b>2</b> Stretch & Sculpt (30 mins)	<b>3</b> Rest Day 	<b>4</b> Rest Day 
 <b>5</b> My Go To stretches (10 mins)	<b>6</b> Hip Mobility Flow (15 mins)	<b>7</b> Box splits masterclass (42 mins)	<b>8</b> Lower Body (20 mins)	 <b>9</b> Kickfit Workout (5 mins)	<b>10</b> Rest Day 	<b>11</b> Rest Day 
<b>12</b> Booty Blast Flow (20 mins)	 <b>13</b> Dynamic Stretch Routine (10 mins)	<b>14</b> Flowing Into Splits (26 mins)	 <b>15</b> Core Stabilisation (15 mins)	<b>16</b> Yoga for Fulfilment (25 mins)	<b>17</b> Rest Day 	<b>18</b> Rest Day 
 <b>19</b> Yoga for happy Hips (15 mins)	<b>20</b> Core & Inner thigh (13 mins)	 <b>21</b> Jump Rope (13 mins)	<b>22</b> Awaken your hips (12 mins)	<b>23</b> Stretch & Tone (42 mins)	<b>24</b> Rest Day 	<b>25</b> Rest Day 
<b>26</b> full body refresh (30 mins)	 <b>27</b> Frog Pose full breakdown (12 mins)	<b>28</b> yoga for stress and Anxiety (18 mins)	<b>29</b> foam roller for recovery (25 mins)	<b>30</b> Active Recovery (19 mins)		

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