









CB ACADEMY MONTHLY PLANNER

MONTH:

October - martial arts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 Kicking improver Class (45 mins)	4 Back to Basics (39 mins)	5 Footwork Fundamentals (10 mins)	6 Higher kicks Class (30 mins)	7 Link your spin hook (5 mins)	8 Rest Day 	9 Rest Day 
10 Tornado Kick (5 mins)	11 Kickfit Workout (16 mins)	12 Freestyle Footwork (12 mins)	13 Hand combo 1 (8 mins)	14 Hand Combo 2 (16 mins)	15 Rest Day 	16 Rest Day 
17 Beginner Balance routine (14 mins)	18 Improve your balance & control (25 mins)	19 Understanding our kicks! (50 mins)	20 Active recovery workout (20 mins)	21 start linking your kicks (6 mins)	22 Rest Day 	23 Rest Day 
24 Optimal Kicks (30 mins)	25 Foam Roll Recovery (25 mins)	26 Combination Drills (13 mins)	27 Bo Staff Warm Up (16 mins)	28 fake neck roll (6 mins)	29 Rest Day 	30 Rest Day 
31 Bo Staff Spin Sequence (6 mins)						

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