

CB ACADEMY MONTHLY PLANNER

MONTH:
November - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Dynamic Stretch workout (9 mins)	2 Camel Pose (8 mins)	3 Relaxing Flexy Flow (27 mins)	4 Core Stretch (17 mins)	5 Rest Day 	6 Rest Day 
7 Kickfit Workout (16 mins)	8 Core and inner thigh workout (13 mins)	9 Booty Blast Flow (20 mins)	10 Lower Ab Attack (7 mins)	11 Kickfit Workout (16 mins)	12 Rest Day 	13 Rest Day 
14 Beginner Morning Flow (16 mins)	15 Flowing into splits (27 mins)	16 Hip recovery workout (16 mins)	17 Front splits flow (16 mins)	18 Foam roller 2.0 (25 mins)	19 Rest Day 	20 Rest Day 
21 Stretch & Tone (42 mins)	22 Active recovery workout (18 mins)	23 Seated Stretch (30 mins)	24 Restorative stretch (19 mins)	25 hip release for beginners (16 mins)	26 Rest Day 	27 Rest Day 
28 Wake and move (18 mins)	29 Wild Thing (8 mins)	30 Hip mobility sequence (10 mins)				

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All of the stretch routines are in one place! Just open your CB ACADEMY App and press start!

