

# CB ACADEMY MONTHLY PLANNER

MONTH:

*November - martial arts*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1</b> Back to Basics (39 mins)	<b>2</b> Beginner Balance routine (14 mins)	<b>3</b> Directional Kicking Exercise (8 mins)	<b>4</b> Higher kicks Class (30 mins)	<b>5</b> Rest Day 	<b>6</b> Rest Day 
<b>7</b> Bo Staff Warm Up (8 mins)	<b>8</b> Bo Staff Mobility (8 mins)	<b>9</b> Blocking with the Bo (6 mins)	<b>10</b> Drop Catch (5 mins)	<b>11</b> spin sequence (6 mins)	<b>12</b> Rest Day 	<b>13</b> Rest Day 
<b>14</b> Link your spin hook (5 mins)	<b>15</b> Arial Tutorial (6 mins)	<b>16</b> Tornado Kick (5 mins)	<b>17</b> Twist Kick (7 mins)	<b>18</b> Over Head kick (7 mins)	<b>19</b> Rest Day 	<b>20</b> Rest Day 
<b>21</b> Forms Challenge (9 mins)	<b>22</b> Optimal Kicks (45 min)	<b>23</b> Foam Roller 2.0 (25 mins)	<b>24</b> Kicking improver Balance (45 mins)	<b>25</b> Kickfit Workout (16 mins)	<b>26</b> Rest Day 	<b>27</b> Rest Day 
<b>28</b> Ultimate Warm Up (17 mins)	<b>29</b> Optimal Kicks (35 min)	<b>30</b> start linking your kicks (6 mins)				

CHLOEBRUCE.COM | DOWNLOAD CB ACADEMY APP

If you don't have the CB Academy App yet, kickstart your easier life today by getting it!

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

