

CB ACADEMY MONTHLY PLANNER

MONTH:

November - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Relaxing Flexy Flow (27 mins)	2 Beginner Balance routine (14 mins)	3 Core Stretch (17 mins)	4 Higher kicks Class (30 mins)	5 Rest Day	6 Rest Day
7 Kickfit Workout (16 mins)	8 Bo Staff Warm Up (8 mins) Bo Staff Mobility (8 mins)	9 Core and inner thigh workout (13 mins)	10 Flowing into splits (27 mins)	11 Link your spin hook (5 mins)	12 Rest Day	13 Rest Day
14 Booty Blast Flow (20 mins)	15 Over Head kick (7 mins)	16 Beginner Morning Flow (16 mins)	17 Optimal Kicks (45 min)	18 Foam roller 2.0 (25 mins)	19 Rest Day	20 Rest Day
21 Front splits flow (16 mins)	22 Tornado Kick (5 mins)	23 Hip recovery workout (16 mins)	24 Kicking improver Balance (45 mins)	25 Active recovery workout (18 mins)	26 Rest Day	27 Rest Day
28 Seated Stretch (30 mins)	29 Optimal Kicks (35 min)	30 Hip mobility sequence (10 mins)				

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