

CB ACADEMY MONTHLY PLANNER

MONTH:
December - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Full body refresh (20 mins)	2 Kickfit Workout (16 mins)	3 Rest Day 	4 Rest Day 
5 Lower Body Flow (20 mins)	6 Improve your balance & control (25 mins)	7 Awaken your hips (13 mins)	8 Flowing into Splits (28 mins)	9 Tornado Kick (5 mins)	10 Rest Day 	11 Rest Day 
12 Upper Body Flow (14 mins)	13 Bo Staff Mobility (8 mins) striking with the bo (11 mins)	14 Gentle seated stretch (30 mins)	15 Inner Thigh Stretch and Tone (14 mins)	16 Optimal Kicks (44 min)	17 Rest Day 	18 Rest Day 
19 Dynamic warm up for martial artists (17 mins)	20 Kicking improver Balance (45 mins)	21 Beginner Morning Flow (15 mins)	22 Kickfit Workout (16 mins)	23 Relaxing Flexy Flow (27 mins)	24 Rest Day 	25 Rest Day 
26 Hip Mobility Flow (20 mins)	27 Beginner Balance routine (14 mins)	28 Understanding the strength behind our kicks (50 mins)	29 Full body Stability Ball stretch (12 mins)	30 Feel good Hips (19 mins)	31	

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