









# CB ACADEMY MONTHLY PLANNER

MONTH:  
*December - martial arts*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>1</b> Ultimate Warm up/workout (17 mins)	<b>2</b> Understanding the strength behind our kicks (50 mins)	<b>3</b> Rest Day 	<b>4</b> Rest Day 
<b>5</b> Beginner Balance routine (14 mins)	<b>6</b> Dynamic warm up for martial artists (17 mins)	<b>7</b> Kickfit Workout (16 mins)	<b>8</b> Jump Rope Workout (12 mins)	<b>9</b> Improve your balance & control (25 mins)	<b>10</b> Rest Day 	<b>11</b> Rest Day 
<b>12</b> Bo Staff Warm Up (8 mins)	<b>13</b> Bo Staff Mobility (8 mins)	<b>14</b> striking with the bo (11 mins)	<b>15</b> Figure of 8 (5 mins)	<b>16</b> Around the World (7 mins)	<b>17</b> Rest Day 	<b>18</b> Rest Day 
<b>19</b> Traditional Footwork session (10 mins)	<b>20</b> Kicking improver Balance (45 mins)	<b>21</b> Freestyle Footwork session (12 mins)	<b>22</b> Optimal Kicks (44 min)	<b>23</b> Back Sweep (3 mins)	<b>24</b> Rest Day 	<b>25</b> Rest Day 
<b>26</b> Spin Hook Kick (5 min)	<b>27</b> start linking your kicks (6 mins)	<b>28</b> Link your spin hook (5 mins)	<b>29</b> Tornado Kick (5 mins)	<b>30</b> Kickfit Workout (16 mins)	<b>31</b>	

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