









CB ACADEMY MONTHLY PLANNER

MONTH:
December - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Awaken your hips (13 mins)	2 Full body stretch (20 mins)	3 Rest Day 	4 Rest Day 
5 Active recovery Workout (18 mins)	6 Full body Stability Ball stretch (12 mins)	7 Core and inner thigh workout (13 mins)	8 hip release for beginners (16 mins)	9 Lower Ab Attack (7 mins)	10 Rest Day 	11 Rest Day 
12 Lower Body Flow (20 mins)	13 Upper Body Flow (14 mins)	14 Bird of Paradise (20 mins)	15 Flowing into Splits (28 mins)	16 Frog Pose (20 mins)	17 Rest Day 	18 Rest Day 
19 Morning Mobility (10 mins)	20 Hip recovery workout (17 mins)	21 Seated Stretch (30 mins)	22 Beginner Morning Flow (15 mins)	23 Relaxing Flexy Flow (27 mins)	24 Rest Day 	25 Rest Day 
26 Stretch and Sculpt (18 mins)	27 Hip Mobility Flow (20 mins)	28 Seated Stretch (30 mins)	29 Inner Thigh Stretch and Tone (14 mins)	30 Foam roller (18 mins)	31	

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

