

CB ACADEMY MONTHLY PLANNER

MONTH:

January - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 RESET Day 1 (20 mins)	3 RESET Day 2 (15 mins)	4 RESET Day 3 (18 mins)	5 RESET Day 4 (18 mins)	6 RESET Day 5 (15 mins)	7 RESET Day 6 (15 mins)	8 RESET Day 7 (15 mins)
9 RESET Day 8 (17 mins)	10 RESET Day 9 (17 mins)	11 RESET Day 10 (13 mins)	12 Seated Stretch (30 mins)	13 Jump Rope Workout (12 mins)	14 Rest Day 	15 Rest Day 
16 Dynamic warm up (16 mins)	17 Booty Blast Flow (20 mins)	18 Core and inner thigh workout (13 mins)	19 Core stretch (15 mins)	20 kickpad workout (9 mins)	21 Rest Day 	22 Rest Day 
23 Beginner Morning Flow (15 mins)	24 Higher Kicks class (20 min)	25 30 minutes to a faster split (30 mins)	26 Improve your balance & control (25 mins)	27 Kickfit workout (16 mins)	28 Rest Day 	29 Rest Day 
30 Morning Mobility for beginners (12 mins)	31 Yoga for Fulfillment (25 mins)					

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