

# CB ACADEMY MONTHLY PLANNER

MONTH:

January - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>2</b> RESET Day 1 (20 mins)	<b>3</b> RESET Day 2 (15 mins)	<b>4</b> RESET Day 3 (18 mins)	<b>5</b> RESET Day 4 (18 mins)	<b>6</b> RESET Day 5 (15 mins)	<b>7</b> RESET Day 6 (15 mins)	<b>8</b> RESET Day 7 (15 mins)
<b>9</b> RESET Day 8 (17 mins)	<b>10</b> RESET Day 9 (17 mins)	<b>11</b> RESET Day 10 (13 mins)	<b>12</b> Seated Stretch (30 mins)	<b>13</b> Ab Frenzy (10 mins)	<b>14</b> Rest Day 	<b>15</b> Rest Day 
<b>16</b> Full body Refresh (30 mins)	<b>17</b> Booty Blast Flow (20 mins)	<b>18</b> Core and inner thigh workout (13 mins)	<b>19</b> Core stretch (15 mins)	<b>20</b> Foam roller recovery (25 mins)	<b>21</b> Rest Day 	<b>22</b> Rest Day 
<b>23</b> Beginner Morning Flow (15 mins)	<b>24</b> Hip Mobility Flow (20 mins)	<b>25</b> 30 minutes to a faster split (30 mins)	<b>26</b> Lower Ab Attack (7 mins)	<b>27</b> Yoga for Fulfillment (25 mins)	<b>28</b> Rest Day 	<b>29</b> Rest Day 
<b>30</b> Morning Mobility for beginners (12 mins)	<b>31</b> Relaxing yoga flow (18 mins)					

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