

CB ACADEMY MONTHLY PLANNER

MONTH:

January - martial arts

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 Jump Rope Workout (12 mins)	13 Foam roller recovery (25 mins)	14 Rest Day 	15 Rest Day 
16 Dynamic warm up (16 mins)	17 back to basics (40 mins)	18 Beginners balance (13 mins)	19 Shoulder mobility for martial Artists (8 mins)	20 kickpad workout (9 mins)	21 Rest Day 	22 Rest Day 
23 Ultimate warmup (15 mins)	24 the strength behind our kicks (45 mins)	25 Higher Kicks class (20 min)	26 Improve your balance & control (25 mins)	27 Kickfit workout (16 mins)	28 Rest Day 	29 Rest Day 
30 KICKFIT workout (16 mins)	31 Freestyle Footwork session (12 mins)					

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