


CB ACADEMY MONTHLY PLANNER

MONTH:

February - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Flexy Flow (18 mins)	2 Beginner Balance Routine (14 mins)	3 Morning Flow (15 mins)	4 Rest Day 	5 Rest Day 
6 Wake and move (12 mins)	7 Box Splits MasterClass (40 mins)	8 Higher Kicks Class (20 mins)	9 Active Recovery (18 mins)	10 Seated Stretch (30 mins)	11 Rest Day 	12 Rest Day 
13 Improve your balance & control (25 mins)	14 Front Splits Flow (16 mins)	15 Link your spin hook kick (10 mins)	16 Stretch and tone (40 mins)	17 Flexy Flow (18 mins)	18 Rest Day 	19 Rest Day 
20 Stability Ball Stretch (11 mins)	21 Kick Pad drill workout (10 mins)	22 Abs and Core (15 mins)	23 Hip Mobility (15 mins)	24 start linking your kicks (6 mins)	25 Rest Day 	26 Rest Day 
27 Flowing into Splits (28 mins)	28 Musical Forms Challenge (10 mins)					

CHLOEBRUCE.COM | DOWNLOAD CB ACADEMY APP

If you don't have the CB Academy App yet, kickstart your easier life today by getting it!

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

