

CB ACADEMY MONTHLY PLANNER

MONTH:
February - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Flexy Flow (18 mins)	2 Morning Flow (15 mins)	3 Flexy Flow (40 mins)	4 Rest Day 	5 Rest Day 
6 Wake and move (12 mins)	7 Frog Pose (12 mins)	8 Box Splits MasterClass (40 mins)	9 Foam Roller Recovery (25 mins)	10 Seated Stretch (30 mins)	11 Rest Day 	12 Rest Day 
13 Shoulder Stretch (15 mins)	14 Front Splits Flow (16 mins)	15 Jump Rope Workout (11 mins)	16 Lower Ab Attack (7 mins)	17 Stretch and tone (40 mins)	18 Rest Day 	19 Rest Day 
20 Morning Mobility (10 mins)	21 Stability Ball Stretch (11 mins)	22 Abs and Core (15 mins)	23 Full Body Stretch (28 mins)	24 Flowing into Splits (28 mins)	25 Rest Day 	26 Rest Day 
27 Hip Mobility Flow (16 mins)	28 Relaxing Flexy Flow (27 mins)					

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