

CB ACADEMY MONTHLY PLANNER

MONTH:

February - martial arts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Beginner Balance Routine (14 mins)	2 Directional Kicking (8 mins)	3 Active Recovery (18 mins)	4 Rest Day	5 Rest Day
6 Bo Staff Warm Up (8 mins)	7 Bo Staff drop catch (8 mins)	8 Fake neck roll (6 mins)	9 Hand Rolls (8 mins)	10 Shoulder Roll (7 mins)	11 Rest Day	12 Rest Day
13 Higher Kicks Class (20 mins)	14 Back Sweep (3 mins)	15 Improve your balance & control (25 mins)	16 Kip up Tutorial (10 min)	17 Link your spin hook kick (10 mins)	18 Rest Day	19 Rest Day
20 Flexy Flow (18 mins)	21 Kick Pad drill workout (10 mins)	22 Glutes and Hamstrings (15 mins)	23 Hook Kick Round (5 min)	24 start linking your kicks (6 mins)	25 Rest Day	26 Rest Day
27 Hip Mobility (15 mins)	28 Musical Forms Challenge (10 mins)					

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