

CB ACADEMY MONTHLY PLANNER

MONTH:

March - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Seated Stretch (30 mins)	2 Directional Kicking (8 mins)	3 Stretch and tone (40 mins)	4 Rest Day	5 Rest Day
6 Box Splits MasterClass (40 mins)	7 Higher Kicks Class (20 mins)	8 Improve your balance & control (25 mins)	9 Hip Recovery workout (17 mins)	10 Understanding the strength behind our kicks (50 mins)	11 Rest Day	12 Rest Day
13 Beginner Balance Routine (14 mins)	14 Intermediate Flexy Flow (23 mins)	15 Optimal Kicks 1 (40 mins)	16 Stretch and Sculpt (16 mins)	17 Hip release (16 mins)	18 Rest Day	19 Rest Day
20 Optimal Kicks 2 (45 mins)	21 Inner Thigh stretch and tone (15 mins)	22 Hip Mobility (17 mins)	23 Start linking your kicks (7 mins)	24 Kip up Tutorial (10 mins)	25 Rest Day	26 Rest Day
27 4 part jump combo (6 min)	28 Awaken your hips (13 mins)	29 Optimal Kicks 6. (28 mins)	30 Shoulder and Spine mobility (15 mins)	31 Relaxing Flow (17 mins)		

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