CB ACADEMY MONTHLY PLANNER

MONTH: *April - access all*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Rest Day	2 Rest Day
3 Upper Body Static Stretch (15 mins)	4 Back to basics (40 mins)	5 Dynamic Stretch (10 mins)	6 Flowing into splits (25 mins)	7 Intermediate Strike Sequence (5 mins)	8 Rest Day	9 Rest Day
10 Canon Kicking (5 mins)	11 Advanced middle split training (12 mins)	12 Hook Kick to round kick (5 mins)	13 Kicking Improver (45 mins)	14 Flexy Friday (16 mins)	15 Rest Day	16 Rest Day
17 Hand Combinations 1 & 2 (12 mins)	18 Dynamic Stretch (8 mins)	19 Directional Kicking (7 mins)	20 Jump Rope & static stretch (30 mins)	21 Optimal Kicks workout 7 (40 mins)	22 Rest Day	23 Rest Day
24 Dynamic Warm up for martial arts (15 min)	25 Kicked workout (7 mins)	26 Static Flow (25 mins)	27 Kickfit Workout (15 mins)	28 Optimal Kicks workout 4 (40 mins)	29	30

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