









CB ACADEMY MONTHLY PLANNER

MONTH:

May - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Morning Mobility (23 mins)	2 Arm Mobility (11 mins)	3 Lower Back Mobility (17 mins)	4 Hip Mobility (40 mins)	5 Full Body Mobility] (10 mins)	6 Rest Day 	7 Rest Day 
8 Yoga for Morning (10 mins)	9 Yoga for Psoas (20 mins)	10 Yoga for fulfilment (24 mins)	11 Yoga for Strength (23 mins)	12 Yoga for Stress (18 mins)	13 Rest Day 	14 Rest Day 
15 Core and inner thigh (12 mins)	16 Booty Blast Flow (20 mins)	17 Stretch and Sculpt (16 mins)	18 lower ab attack (7 mins)	19 stability ball workout (14 mins)	20 Rest Day 	21 Rest Day 
22 seated stretch (30 min)	23 full body feel good (28 mins)	24 Full body Refresh (34 mins)	25 Stability ball stretch (12 mins)	26 Flexy flow (20 mins)	27 Rest Day 	28 Rest Day 
29 Frog Pose (12 mins)	30 Wild Thing (8 mins)	31 Yogi Squat (7 mins)				

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