

CB ACADEMY MONTHLY PLANNER

MONTH:

June - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Back to basics (40 mins)	2 Higher Kicks Class (20 mins)	3 Rest Day	4 Rest Day
5 Awaken your hips (13 mins)	6 box splits masterclass (40 mins)	7 hip mobility (12 mins)	8 Front splits flow (17 mins)	9 hip recovery workout (15 mins)	10 Rest Day	11 Rest Day
12 Bo Staff Warm up (8 mins)	13 neck roll to whip (5 mins)	14 Bo staff mobility (8 mins)	15 Baseball swing combo (8 mins)	16 around the world (5 mins)	17 Rest Day	18 Rest Day
19 Dynamic warm up (17 mins)	20 360 hook to tornado (5 mins)	21 inner thigh stretch and tone (12 mins)	22 kickfit workout (16 mins)	23 kick pad drill workout (9 mins)	24 Rest Day	25 Rest Day
26 leg workout with resistant bands (13 mins)	27 Gaining strength within our kicks (50 mins)	28 ankle weight workout (19 mins)	29 full body stretch (10 mins)	30 Basic Form one (5 mins)		

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