

CB ACADEMY MONTHLY PLANNER

MONTH:

June - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 beginner morning flow (15 mins)	2 Booty Blast (20 mins)	3 Rest Day	4 Rest Day
5 Hip release (15 mins)	6 flowing into splits (26 mins)	7 hip mobility flow (15 mins)	8 frog pose (12 mins)	9 hip recovery workout (16 mins)	10 Rest Day	11 Rest Day
12 morning mobility (10 mins)	13 camel post (8 mins)	14 wild thing (8 mins)	15 restorative (19 mins)	16 active recovery (19 mins)	17 Rest Day	18 Rest Day
19 yoga for morning (10 min)	20 front splits flow (16 mins)	21 lower ab attack (8 mins)	22 full body advanced stretch (28 mins)	23 inner thigh stretch and tone (15 mins)	24 Rest Day	25 Rest Day
26 stretch and sculpt (16 mins)	27 wake and move (12 mins)	28 Yogi Squat (7 mins)	29 yoga for fulfilment (25 mins)	30 yoga for strength (23 mins)		

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