CB ACADEMY MONTHLY PLANNER

MONTH: *May - access all*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Morning Mobility (23 mins)	2 Dynamic warm up (17 mins)	3 Kicking Improver (45 mins)	4 Hip Mobility (40 mins)	5 Optimal Kicks workout 3 (40 mins)	6 Rest Day	7 Rest Day
8 Bo Staff Warm up (8 mins)	9 Baseball swing combo (8 mins)	10 figure 8 sequence (8 mins)	11 horizontal hand rolls (4 mins)	12 Mobility and shoulder roll (15 mins)	13 Rest Day	14 Rest Day
15 30 minutes to a faster box (30 mins)	16 active recovery workout (12 mins)	17 Higher Kicks Class (25 mins)	18 Front splits flow (17 mins)	19 optimal kicks workout8 (36 mins)	20 Rest Day	21 Rest Day
22 Directional Kicking (7 mins)	23 kick fit workout (16 mins)	24 Kip-up tutorial (12 mins)	25 Link your spin hook kick (5 mins)	26 Tornado Kick tutorial (5 mins)	27 Rest Day	28 Rest Day
29 Yoga for Strength (23 mins)	30 Basic Form one (5 mins)	31 Gaining strength within our kicks (50 mins)				

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