

CB ACADEMY MONTHLY PLANNER

MONTH:

July - *access all*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Kicking Improver (46 mins)	2 Rest Day
3 Back Sweep (3 mins)	4 double spin hook (9 mins)	5 Rest Day	6 inner thigh (15 mins)	7 start linking your kicks (6 mins)	8 higher kicks class (20 mins)	9 Rest Day
10 kip-up (10 mins)	11 strength in our kicks (50 mins)	12 Rest Day	13 awaken your hips (20 mins)	14 canon kicking (5 mins)	15 balance (13 mins)	16 Rest Day
17 Freestyle Footwork (12 mins)	18 traditional footwork (10 mins)	19 Rest Day	20 balance and control (25 mins)	21 hip mobility (15 mins)	22 front splits flow (20 mins)	23 Rest Day
24 kick pad workout (9 mins)	25 kick fit workout (16 mins)	26 Rest Day	27 Leg Day (15 mins)	28 Stretch and tone (42 mins)	29 Hook to round Kick (5 mins)	30 Rest Day

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All of the stretch routines are in one place! Just open your CB ACADEMY App and press start!

