

# CB ACADEMY MONTHLY PLANNER

MONTH:

*July - flexibility*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Seated stretch (30 mins)	2 Rest Day
3 Gentle flexy flow (39 mins)	4 Hip Mobility (15 mins)	5 Rest Day	6 Booty Blast (20 mins)	7 Full body mobility (10 mins)	8 flowing into splits (28 mins)	9 Rest Day
10 Flexy Flow (22 mins)	11 relaxing flow (29 mins)	12 Rest Day	13 yoga for morning (7 mins)	14 lower back mobility (19 mins)	15 arm mobility (10 mins)	16 Rest Day
17 yoga for psoas (20 min)	18 stretch and sculpt (16 mins)	19 Rest Day	20 flexy flow (20 mins)	21 Core (15 mins)	22 Yoga for anxiety (18 mins)	23 Rest Day
24 shoulder stretch (20 mins)	25 hip mobility (18 mins)	26 Rest Day	27 Dynamic stretch (10 mins)	28 inner thigh (15 mins)	29 front splits flow (16 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!

