CB ACADEMY MONTHLY PLANNER

MONTH:

August - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Dynamic Stretch (8 mins)	2 Rest Day	3 Beginner Morning Flow (15 mins)	4 Lower Body (20 mins)	5 Upper Body (12 mins)	6 Rest Day
7 Hip release (15 mins)	8 Flowing into splits (25 mins)	9 Rest Day	10 Ab Frenzy (10 mins)	11 Kickfit (16 mins)	12 Cool Down (7 mins)	13 Rest Day
14 Front Splits (17 mins)	15 Hip recovery (16 mins)	16 Rest Day	17 Core Stretch (15 mins)	18 Glutes & Hamstrings - Workout! (12 mins)	19 Foam Roller (15 mins)	20 Rest Day
21 Hip Mobility (20 min)	22 Box Splits (39 mins)	23 Rest Day	24 Bird of Paradise (20 mins)	25 Camel Pose (7 mins)	26 Yogi Squat (6 mins)	27 Rest Day
28 Morning Mobility (10 mins)	29 Seated Stretch (30 mins)	30 Rest Day	31 Yoga for Psoas (20 mins)			

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