

CB ACADEMY MONTHLY PLANNER

MONTH:

August - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Dynamic Warm up (15 mins)	2 Rest Day	3 Hand Combo 1 (7 mins)	4 Hand Combo 2 (7 mins)	5 Hand Combo 3 (4 mins)	6 Rest Day
7 Lower Back Mobility (15 mins)	8 Full Body Mobility (10 mins)	9 Rest Day	10 Neck Roll-Whip (4 mins)	11 Horizontal Throw (5 mins)	12 Baseball Swing Combo (8 mins)	13 Rest Day
14 The strength in our kicks (40 mins)	15 Side Kick Drill (5 mins)	16 Rest Day	17 Hip Mobility (15 mins)	18 Box Splits (30 mins)	19 Forward Splits (16 mins)	20 Rest Day
21 Footwork Fundamentals (10 mins)	22 Freestyle Footwork (12 mins)	23 Rest Day	24 Axe Kick Round (4 min)	25 Combination Kicks (5 mins)	26 Directional Kicking (8 mins)	27 Rest Day
28 Front to Side Kick (5 mins)	29 Double Round Kick (5 mins)	30 Rest Day	31 Higher Kicks Class (20 mins)			

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