

CB ACADEMY MONTHLY PLANNER

MONTH:
October - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Dynamic warmup/workout (17 mins)	3 Box Splits (28 mins)	4 Rest Day	5 Kick Fit Workout (16 mins)	6 Balance Drills (16 mins)	7 Higher Kicks (20 mins)	8 Rest Day
9 Hand combo 3.0 (4 mins)	10 Hand combo 4.0 (5 mins)	11 Rest Day	12 Bo Staff warmup (16 mins)	13 Bo Mobility (8 mins) neck roll (5 mins)	14 Baseball swing drill (8 mins)	15 Rest Day
16 High kick leg drill (3 mins)	17 Strengthening drill (3 mins)	18 Rest Day	19 Jump rope (12 mins)	20 Hip mobility (15 mins)	21 Optimal Kicks 6.0 (27 mins)	22 Rest Day
23 Kick pad workout (8) mins)	24 Balance and control (25 mins)	25 Rest Day	26 Kickfit workout (16 min)	27 Partnered stretch routine (25 mins)	28 Front splits flow (16 mins)	29 Rest Day
30 Hip mobility (18 minutes)	31 Stretch for anxiety (18 mins)	Rest Day				

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