

CB ACADEMY MONTHLY PLANNER

MONTH:

September - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Dynamic warmup (15 mins)	2 Back to basics (35 mins)	3 Rest Day
4 Hand combo 2.0 (7 mins)	5 Hand combo 3.0 (4 mins)	6 Rest Day	7 Balance improver (25 mins)	8 Standing high kick drill (5 mins)	9 Side Kick Drill (5 mins)	10 Rest Day
11 Dynamic stretch (8 mins)	12 faster Box splits (30 mins)	13 Rest Day	14 Higher Kicks class (20 mins)	15 Optimal Kicks 3.0 (25 mins)	16 Active Recovery (18 mins)	17 Rest Day
18 Strength within our kicks (50 mins)	19 Twist Kick (8 mins)	20 Rest Day	21 Lower Body Stretch (20 min)	22 Double Spin Hook (7 mins)	23 Link your spin hook] (5 mins)	24 Rest Day
25 Jump rope Workout (11 minutes)	26 Stretch your core (16 mins)	27 Rest Day	28 Hip Mobility (17 mins)	29 Optimal Kicks 8.0 (35 mins)	30 Foam roller 2.0 (25 mins)	

CHLOEBRUCE.COM | DOWNLOAD CB ACADEMY APP

If you don't have the CB Academy App yet, kickstart your easier life today by getting it!

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

