

CB ACADEMY MONTHLY PLANNER

MONTH:
September - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Morning Yoga (8 mins)	2 Everyday Mobility (20 mins)	3 Rest Day
4 Full body mobility (10 mins)	5 Yoga for strength (20 mins)	6 Rest Day	7 Arm mobility (10 mins)	8 Full Body Refresh (30 mins)	9 Shoulder and Spine (14 mins)	10 Rest Day
11 Hip mobility (20 mins)	12 30 minutes to box splits (30 mins)	13 Rest Day	14 Core and inner thigh (12 mins)	15 Flowing into splits (25 mins)	16 Foam Roller (25 mins)	17 Rest Day
18 Yoga for Core (30 min)	19 Hips and Shoulders (30 mins)	20 Rest Day	21 Ab Frenzy (10 mins)	22 Active recovery (18 mins)	23 Lower Abs (6 mins)	24 Rest Day
25 Morning Flow (15 mins)	26 Flexy Flow (15 min)	27 Rest Day	28 Upper Body (12 mins)	29 Lower Body (18 mins)	30 Relaxing Flow (25 mins)	

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