

CB ACADEMY MONTHLY PLANNER

MONTH:

November - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Rest Day 1	Dynamic warmup for martial artists (17 mins) 2	Advanced hip mobility (10 mins) 3	Side kick drill (3 mins) 4	Rest Day 5
Traditional Training Drill (5 mins) 6	Hand combo 4.0 (5 mins) 7	Rest Day 8	Awaken your hips (13 mins) 9	Box Splits (42 mins) 10	Advanced middle splits (13 mins) 11	Rest Day 12
Full Body Mobility (15 mins) 13	back to basics (39 mins) 14	Rest Day 15	Full body refresh (34 mins) 16	Balance & control (25 mins) 17	Higher Kicks Class (20 mins) 18	Rest Day 19
Inner thigh stretch & tone (15 mins) 20	Directional Kicking exercise (8 mins) 21	Rest Day 22	Beginner Balance (14 min) 23	Hip Mobility Flow (15 mins) 24	Optimal Kicks 5.0 (44 mins) 25	Rest Day 26
Jump Rope workout (12 minutes) 27	Strength behind our kicks (50 mins) 28	Rest Day 29	Optimal Kicks 7.0 (60 mins) 30			

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