

CB ACADEMY MONTHLY PLANNER

MONTH:
November - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Rest Day	2 Wake and move (12 mins)	3 Warm Up (7 mins)	4 Seated Stretch (30 mins)	5 Rest Day
6 Jump Rope workout (12 mins)	7 Stability Ball Stretch (12 min)	8 Rest Day	9 Shoulder Stretch (15 mins)	10 Core Stretch (17 mins)	11 Lower Back mobility (17 min)	12 Rest Day
13 Dynamic Stretch (12 mins)	14 Inner thigh stretch (16 mins)	15 Rest Day	16 Box Splits (30 mins)	17 Hip Recovery Workout (16 mins)	18 Restorative Stretch (19 mins)	19 Rest Day
20 Shoulder Stretch (9 min)	21 Arm mobility (11 mins)	22 Rest Day	23 Stretch and tone (42 mins)	24 Psoas (20 mins)	25 Front Splits (16 min)	26 Rest Day
27 KickFit workout (16 Mins)	28 Core / inner thigh (18 min)	29 Rest Day	30 Relaxing flexy flow (27 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!

