

# CB ACADEMY MONTHLY PLANNER

MONTH:  
*December - flexibility*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 30 minute full body refresh (30 mins)	2 Hip mobility flow (15 mins)	3 Rest Day
4 Hip Release (15 mins)	5 Flowing into splits (27 min)	6 Rest Day	7 Morning Mobility (10 mins)	8 Frog Pose (12 mins)	9 Morning Flow (8 min)	10 Rest Day
11 Wake and move (12 mins)	12 Front Splits Flow (16 mins)	13 Rest Day	14 Full Body Stretch (27 mins)	15 Box Splits masterclass (42 mins)	16 Hip Recovery (16 mins)	17 Rest Day
18 Gentle Flow (42 min)	19 Yoga for fulfillment (25 min)	20 Rest Day	21 Seated Stretch (30 mins)	22 Upper Body (15 mins)	23 Lower Body (18 min)	24 Rest Day
25 Wild Thing (9 Mins)	26 Yogi Squat (7 min)	27 Rest Day	28 Yoga for stress (18 mins)	29 Restorative (19 mins)	30 Relaxing Flow (30 mins)	31 Rest Day

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

