

CB ACADEMY MONTHLY PLANNER

MONTH:

January - *access all*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Kickfit Workout (16 mins)	2 Reset Warm Up (5 mins)	3	4 Reset Day 1 (27 mins)	5 Reset Day 2 (30 mins)	6 Reset Day 3 (15 mins)	7 Rest Day
8 Reset Day 4 (15 mins)	9 Reset Day 5 (27 mins)	10 Rest Day	11 Reset Day 6 (10 mins)	12 Reset Day 7 (12 mins)	13 Reset Day 8 (8 min)	14 Rest Day
15 Reset Day 9 (12 mins)	16 Reset Day 10 (16 mins)	17 Rest Day	18 Reset Day 11 (27 mins)	19 Reset Day 12 (42 mins)	20 Higher Kicks Class (20 mins)	21 Rest Day
22 Leg workout with Resistance (15 mins)	23 Balance and control (22 mins)	24 Rest Day	25 Traditional Training Drill (5 min)	26 Directional Kicks (8 mins)	27 Box Splits Master Class (42 mins)	28 Rest Day
29 Front Splits Flow (16 minutes)	30 Dynamic Session (16 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!

