

CB ACADEMY MONTHLY PLANNER

MONTH:
January - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Flexy Flow (39 mins)	2 Reset Warm Up (5 mins)	3 Rest Day	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 Core and inner thigh workout (13 mins)	21 Rest Day
22 Inner thigh stretch (15 min)	23 Active recovery workout (20 min)	24 Rest Day	25 Jump rope (12 mins)	26 Hip mobility (10 mins)	27 Yoga for strength (24 min)	28 Rest Day
29 Lower Ab Attack (7 Mins)	30 Stability ball workout (13 min)	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!

