

# CB ACADEMY MONTHLY PLANNER

MONTH:  
*February - flexibility*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Full body mobility (10 mins)	2 Hip mobility (18 mins)	3 Shoulders and spine (15 mins)	4 Rest Day
5 Dynamic stretch (9 mins)	6 Dynamic stretches for MA (15 mins)	7 Rest Day	8 Morning Flow (15 mins)	9 Yoga for Legs (20 mins)	10 Yoga for Strength (20 min)	11 Rest Day
12 Pilates Workout (15 mins)	13 Pilates Workout 2 (16 mins5)	14 Rest Day	15 30 mins to box splits (30 mins)	16 Front splits flow (16 mins)	17 Flowing into splits (26 mins)	18 Rest Day
19 Static Stretch (15 min)	20 Static Stretches (14 min)	21 Rest Day	22 Flexy Flow (16 mins)	23 Gentle Flexy Flow (35 mins)	24 Relaxing Flexy Flow (27 min)	25 Rest Day
26 Awaken Your Hips (12 Mins)	27 Foam roller (25 min)	28 Rest Day	29 Restorative (19 mins)			Rest Day

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

