

CB ACADEMY MONTHLY PLANNER

MONTH:
March - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Relaxed Yoga flow (12 mins)	2 Hips and lower back (15 mins)	3 Rest Day
4 Gentle Yoga Flow (12 mins)	5 Ab Frenzy (10 mins)	6 Rest Day	7 Power Pilates (12 mins)	8 Full body refresh (30 mins)	9 Stretch for box splits (30 min)	10 Rest Day
11 Morning Mobility (15 mins)	12 Booty Blast (18 mins)	13 Rest Day	14 Upper Body (12 mins)	15 Glutes (19 mins)	16 Core Stretch (14 mins)	17 Rest Day
18 Shoulder Stretch (19 min)	19 Lower Body (19 min)	20 Rest Day	21 Flexy Flow (35 mins)	22 Flexy Flow (22 min)	23 Front Splits Flow (15 mins)	24 Rest Day
25 Hip recovery workout (16 Mins)	26 Stability ball stretch (12 mins)	27 Rest Day	28 Lower Abs (6 mins)	29 Inner Thigh (15 mins)	30 Spine mobility (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!

