

CB ACADEMY MONTHLY PLANNER

MONTH:

April - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Power Pilates (13 mins)	2 Core Stretch (16 mins)	3 Rest Day	4 Hip Release (16 mins)	5 Shoulder and Spine (15 mins)	6 Core workout (13 mins)	7 Rest Day
8 Yoga for Psoas (20 mins)	9 Core and inner thigh (10 mins)	10 Rest Day	11 Hip mobility (12 mins)	12 Box splits (30 mins)	13 Active recovery (18 mins)	14 Rest Day
15 Shoulders (15 mins)	16 Spine Mobility (18 mins)	17 Rest Day	18 Bird of paradise flow (15 mins)	19 Camel Pose flow (8 mins)	20 Frog Pose Flow (14 mins)	21 Rest Day
22 Full Body (28 mins)	23 Front Splits flow (16 min)	24 Rest Day	25 Flexy Flow (18 mins)	26 Yoga for Strength (22 min)	27 Restorative (20 mins)	28 Rest Day
29 Hip Mobility (19 Mins)	30 Box splits MasterClass (40 mins)					

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