

| KELLY COFFEY-MEYER WORKOUTS, PREMIXES, & BONUSES | | | | |
|---|---|---------|---------------|--|
| SHORT ADD-ONS 25 MINUTES AND UNDER | | | | |
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| DVD | WORKOUT, PREMIX, OR BONUS NAME | TIME | TYPE | NOTES |
| Circuit Burn | Bonus: Abdominals | 6 | Abs | Also on Abs & Core |
| Home Gym Intervals | Bonus: Waistline | 8 | Abs | Also on Abs & Core |
| Muscle Definition | Bonus: Abdominals | 11 | Abs | Also on Abs & Core |
| Weights | Abdominals | 11 | Abs | Also on Abs & Core; under Workout Sections Menu |
| Kickboxing | Bonus: Core & Abs | 14 | Abs | Also on Abs & Core |
| Muscle Up Lift 2B Fit | Bonus: Abs | 14 | Abs | Also on Abs & Core |
| Abs & Core | Premix 2: All Standing and Plank Exercises | 16 | Abs | |
| Sculpting Rx | Premix: Cardio Core and Floor Finisher | 18 | Abs | |
| Your Best Body | Premix: Core and Yoga | 22 | Abs/Stretch | Core 14 minutes / Yoga 7 minutes |
| Athletic Conditioning Vol 2 | Workout 2: Core/Stretch | 25 | Abs/Stretch | |
| Complete Cardio Sculpting - The Shape of Things to Come (Not 30MTF) | Premix: All Cardio | 10 | Cardio | |
| Body Design | Cardio Bootcamp | 12 | Cardio | 19 minutes with warmup & cooldown |
| Body Design | Light Dumbbell Cardio Sculpting | 12 | Cardio | 19 minutes with warmup & cooldown |
| Build & Burn Disc 3 | Premix: Cardio Only | 14 | Cardio | |
| Step Boxing 2 | Premix: Cardio Drills only | 14 | Cardio | |
| Train Like A Contender | Premix: Cardio Express | 14 | Cardio | |
| Body Design | Kickboxing with Light Dumbbells | 15 | Cardio | 22 minutes with warmup & cooldown |
| Build & Burn Disc 2 | Premix: KB/KB Timesaver Two | 15 | Cardio | |
| Build & Burn Disc 2 | Premix: Kickboxing - No Kettlebells | 16 | Cardio | |
| Build & Burn Disc 1 | Premix: Kickbox Moves with Burnouts | 18 | Cardio | |
| Build & Burn Disc 2 | Premix: KB/KB Timesaver One | 18 | Cardio | |
| Total Body Kickbox | Premix: Just Kicking Combos Mixed (Workouts 1 & 2) | 18 | Cardio | |
| Lean Body Circuits | Premix: Lean Body Boxing | 19 | Cardio | |
| Start Here | Premix: Aerobic Cardio | 19 | Cardio | |
| Train Like A Contender | Premix: Quick Blend | 19 | Cardio | |
| Build & Burn Disc 2 | Premix: KB/KB - No Swings | 20 | Cardio | |
| Build & Burn Disc 2 | Premix: Kelly's Mix | 20 | Cardio | |
| Lean Body Circuits | Premix: Lean Body Hi-Lo | 20 | Cardio | |
| Amped-Up Live | Premix: All Drills | 21 | Cardio | |
| Build & Burn Disc 1 | Premix: Cardio-No Strength | 21 | Cardio | |
| Kickboxing | Premix: Punch Mix | 21 | Cardio | |
| Kickboxing | Premix: Kick Mix | 21 | Cardio | |
| Kickboxing | Premix: Punch & Kick Mix | 22 | Cardio | |
| Strength & Stamina | Bonus: Bonus Step | 22 | Cardio | |
| Amped-Up Live | Premix: Workout 1 No Drills | 23 | Cardio | |
| Build & Burn Disc 1 | Premix: Cardio-No Jumps | 23 | Cardio | |
| Cardio Quick Fix | Premix: Quick Fix 2 | 23 | Cardio | |
| Step Boxing 2 | Premix: Workout 2 without Cardio Drills | 23 | Cardio | |
| Amped-Up Live | Premix: Workout 2 No Drills | 24 | Cardio | |
| Kickboxing | Workout 2: Kickboxing (without warmup) | 24 | Cardio | 27 minutes with warmup |
| Total Body Kickbox | Premix: Split Mix 1 (1st half of # 1 & 1st half of # 2) | 24 | Cardio | |
| Total Body Kickbox | Premix: Split Mix 2 (2nd half of # 1 & 2nd half of # 2) | 24 | Cardio | |
| Build & Burn Disc 2 | Workout 2: Kettle Bell Kickbox Fusion | 25 | Cardio | |
| Cardio Quick Fix | Workout 1: Low Impact Cardio | 25 | Cardio | |
| Step Boxing 2 | Workout 2: Step Boxing | 25 | Cardio | |
| Step Boxing 2 | Premix: Workout 1 without Cardio Drills | 25 | Cardio | |
| Trim Down | Premix: Kelly's Favorite Mix | 20 | Cardio/Toning | |
| Plateau Buster | Bonus: Plateau Bonus Buster | 21 | Cardio/Toning | Bonus moves and 8 minute stretch |
| Start Here | Premix: Cardio Sculpt and Upper Body | 23 | Cardio/Toning | |
| Start Here | Premix: Cardio Sculpt and Legs | 23 | Cardio/Toning | |
| Step Boxing 2 | Premix: Cardio and Dumbbell drills intervalled | 23 | Cardio/Toning | |
| Build & Burn Disc 3 | Premix: Trim and Tone Intervals | 24 | Cardio/Toning | |
| Plateau Buster | Workout 2: Cardio Drills / Compound Weight Moves | 25 | Cardio/Toning | |
| Your Best Body | Bonus: Yoga Stretch | 7 | Stretch | |
| Body Design | Yoga Flow Stretch | 13 | Stretch | 20 minutes with warmup & cooldown |
| Bootcamp | Bonus: Bonus Stretch | 18 | Stretch | 22 minutes with warmup |
| Athletic Conditioning Vol 1 | Workout 2: Stretching Workout | 25 | Stretch | |
| Train Like A Contender | Bonus: Flip Up/Push Up | 7 | Toning | |
| Lift | Bonus: Quick Body Refiner | 8 | Toning | |
| Your Healthy Back | Premix: All Standing Exercises | 9 | Toning | |
| Body Design | Stronger/Leaner Lower | 14 | Toning | 21 minutes with warmup & cooldown |
| Build & Burn Disc 1 | Premix: Upper Body Mix - One Superset | 14 | Toning | |
| Meltdown | Premix: Mini Lift | 14 | Toning | 3 sets of all barbell lifts, separated with bench hops |
| Your Healthy Back | Workout 2: 15 minute fast track mix | 14 | Toning | |
| Complete Cardio Sculpting - The Shape of Things to Come (Not 30MTF) | Premix: All Sculpting One Complete Set | 14 | Toning | |
| Build & Burn Disc 3 | Premix: Dumbbells Only | 15 | Toning | |
| Cardio Pump | Premix: Pump Back & Chest | 15 | Toning | |
| Cardio Quick Fix | Bonus: Abs, Hips, & Glutes | 15 | Toning | |
| Split Sessions | Bonus: Bonus Floor Work | 15 | Toning | |
| Start Here | Premix: Lower Body Minimizer | 15 | Toning | |
| Body Design | Upper Body Strength | 16 | Toning | 23 minutes with warmup & cooldown |
| Body Shop | Premix: Split Body Shop (Shoulders & Triceps) | 16 | Toning | |
| Body Training | Premix: BT - Strength Mix | 16 | Toning | |
| Lean Body Circuits | Premix: Lean Body Legs | 16 | Toning | |
| Start Here | Premix: Floor Work | 16 | Toning | |
| Train Like A Contender | Premix: Lower Body Conditioning | 16 | Toning | |
| Athletic Conditioning Vol 2 | Premix: No Impact Mix | 17 | Toning | |
| Body Shop | Premix: Fast Track (Compound Moves Only) | 17 | Toning | |
| Build & Burn Disc 1 | Premix: DBs & Body weight (Chest/Triceps, & Core) | 17 | Toning | |
| Build & Burn Disc 2 | Premix: Kettlebells Only | 17 | Toning | |
| Build & Burn Disc 2 | Premix: Lower Mix Two | 17 | Toning | |
| Step Boxing 2 | Premix: Dumbbell Drills only | 17 | Toning | |
| Build & Burn Disc 1 | Premix: DBs & Body weight (Back/Biceps & Lower) | 18 | Toning | |
| Build & Burn Disc 2 | Premix: Lower Mix One | 18 | Toning | |
| Cardio Pump | Premix: Pump Shoulder & Arms | 18 | Toning | |
| Lean Body Circuits | Premix: Lean Body Upper Body | 18 | Toning | |
| Train Like A Contender | Premix: Upper Body Conditioning | 18 | Toning | |
| Body Shop | Premix: Lower Body Shop | 19 | Toning | |
| Muscle Up Lift 2B Fit | Premix: Chest & Back | 19 | Toning | |
| Muscle Up Lift 2B Fit | Premix: Legs & Glutes | 19 | Toning | |
| Start Here | Premix: Cardio Sculpting | 19 | Toning | |
| Build & Burn Disc 1 | Premix: Upper Body Mix - Two Supersets | 20 | Toning | |
| Your Healthy Back | Premix: All Floor Exercises | 20 | Toning | |
| Meltdown | Premix: Meltdown No Barbell | 21 | Toning | |
| Strength & Stamina | Premix: Express Workout 1 - 1 set and swings | 21 | Toning | |
| Strength & Stamina | Premix: Express Workout 2 - 1 set and swings | 21 | Toning | |
| Body Training | Premix: BT - Hip Mix | 22 | Toning | |
| Split Sessions | Premix: Upper Blitz | 22 | Toning | |
| Athletic Conditioning Vol 2 | Premix: Double Round | 23 | Toning | |
| Body Shop | Premix: Split Body Shop (Back, Biceps, & Legs) | 23 | Toning | |
| Step Boxing | Premix: Dumbbell Drills Only | 23 | Toning | |
| Strength & Stamina | Premix: Lower Body Time Crunch - Legs & Swings from Both Workouts | 23 | Toning | |
| Complete Cardio Sculpting - The Shape of Things to Come (Not 30MTF) | Premix: All Sculpting Two Complete Sets | 23 | Toning | |
| Sculpting Rx | Premix: One Set of All Exercises Workout 1 | 24 | Toning | |
| Build & Burn Disc 1 | Workout 1: Upper Body Supersets | 25 | Toning | |
| Build & Burn Disc 2 | Workout 1: Lower Body Tabata | 25 | Toning | |
| Start Here | Premix: Upper Body Lift | 25 | Toning | |
| Trim Down | Premix: Weight Work Drills - Both Workouts | 25 | Toning | |
| Complete Cardio Sculpting - The Shape of Things to Come (Not 30MTF) | Premix: Chest & Abdominals | 10 | Toning/Abs | |
| Body Shop | Premix: Chest, Glutes, & Abs | 19 | Toning/Abs | |
| Athletic Conditioning Vol 2 | Premix: Single Round plus Abs | 24 | Toning/Abs | |
| Muscle Up Lift 2B Fit | Premix: Shoulders, Arms, & Abs (without abs about 24 minutes) | 39 / 24 | Toning/Abs | |