

CoffeyFit RAW Workouts

Workout (click on name for link)	Collection
6 & 60/Core	Other
888	Cardio
Abs Finisher	Other
Ascending Pyramids	Strength Training
Athletic Cardio Drills & Barbells	Intervals of Cardio & Weights
Bands & Barre	Muscle Definition
Body Sculpt Overload	Intervals of Cardio & Weights, Muscle Definition
Boxing & Drills	Cardio
Boxing & Sculpting (w/brother Dennis)	Cardio
Boxing & Tubing	Intervals of Cardio & Weights
Box & Bells & Bands	Cardio
Cardio/Weight Tabata Intervals	Intervals of Cardio & Weights
Cardio Crush	Cardio
Cardio Finisher	Cardio
Cardio Overload V1	Cardio
Cardio Overload V2	Cardio
Compound Moves	Muscle Definition
Core Moves	Other
Descending Pyramids/ Upper body	Strength Training
Foam Rolling	Other
Floor Work	Other
Floor Work #2	Other
Heavy Bag Boxing	Cardio

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Hips & Glutes	Muscle Definition
Hip Hop Sculpting	Muscle Definition
Hi/Low Cardio - 45	Cardio
Home Gym Intervals #1	Intervals of Cardio & Weights
Home Gym Intervals #2	Intervals of Cardio & Weights
Intervals #2	Intervals of Cardio & Weights
Intervals #3	Intervals of Cardio & Weights
Intervals #4	Intervals of Cardio & Weights
Just Step	Cardio
Kettlebells	Cardio
Kettlebell & DBs	Muscle Definition
Kettlebell & Kickboxing	Cardio
Kettlebell - DB Fusion	Muscle Definition
Kickboxing & Olympic Lifts (Noelle)	Intervals of Cardio & Weights
Kickbox Contouring	Intervals of Cardio & Weights
Large Muscle Finisher	Strength Training
Lower Body Pyramids	Strength Training
Metabolic (6 & 6)	Strength Training
Perfect 10	Other
Real Raw	Muscle Definition
Real Raw #2/Cardio HIIT	Cardio
Real Raw #3	Strength Training
Run w/Me	Cardio
R & R April	Intervals of Cardio & Weights

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R & R February	Intervals of Cardio & Weights
R & R January	Intervals of Cardio & Weights
R & R July	Intervals of Cardio & Weights
R & R June	Intervals of Cardio & Weights
R & R March	Intervals of Cardio & Weights
R & R May	Cardio
Step Drills & Compound Moves	Intervals of Cardio & Weights
Step #2	Cardio
Step #3	Cardio
Strength Back & Front	Strength Training
Stretch	Other
Strong & Lean	Intervals of Cardio & Weights
Tabata Barbell & DB Workout	Strength Training
Test Workout	Strength Training
Tubing Works	Muscle Definition
Upper Body Blast	Strength Training
Upper Body Finisher Arms & Shoulders	Strength Training
Upper Sculpt/Lower Tone	Muscle Definition
Weights Circuit #1	Strength Training