

**30 Minutes to Fitness Weights**  
**Kelly Coffey Meyer**

**Workout 1**

Date: \_\_\_\_\_

Notes: \_\_\_\_\_

<b>Exercise</b>	<b>Kelly's Weight</b>	<b>Reps</b>	<b>Reps/Weights Used</b>	<b>Notes</b>
<b>Circuit #1</b>				
Reverse Fly Lunges Push ups				
Repeat Circuit #1				
<b>Circuit #2</b>				
<b>Waistline</b> Row the Boat	1 db			
Bent Over Rows Squat Variations Push ups				
Repeat Circuit #2				
<b>Circuit #3</b>				
<b>Waistline</b> Drop and Reach	Towel			
Stretch				