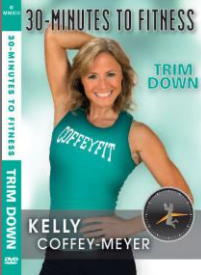
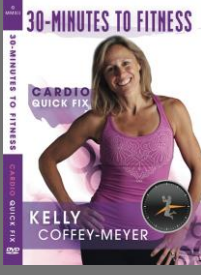


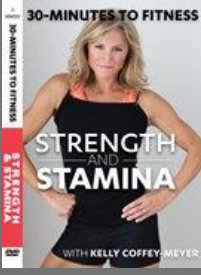
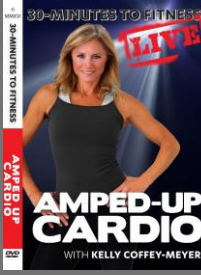
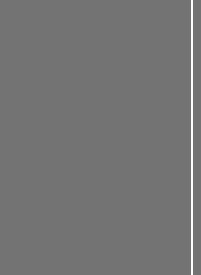
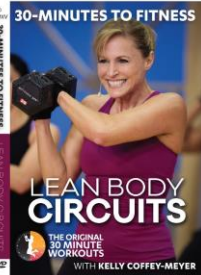


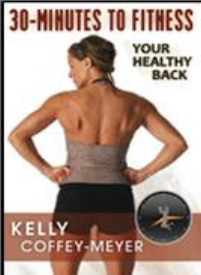


CoffeyFit 60 Minute DVD Rotation 2

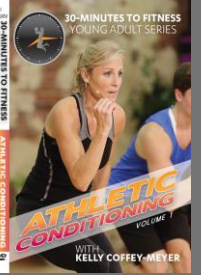
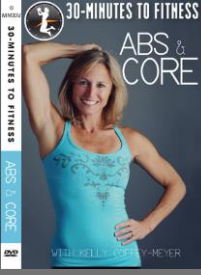
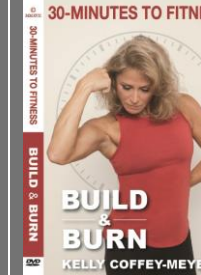
WEEK 1:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<i>Trim Down 1 & 2</i>	<i>Cardio Quick Fix 1 & 2</i>	<i>Slim Sculpting 1 & 2</i>	<i>Rest</i>	<i>Muscle Up 1 & 2</i>	<i>Abs & Core Workout 1</i>	<i>AC 2 1 & 2</i>

WEEK 2:


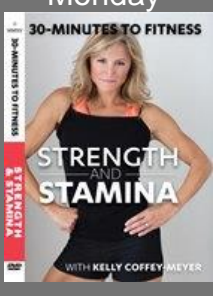
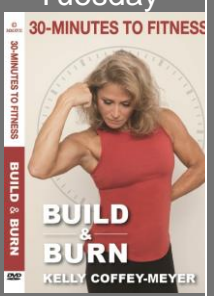
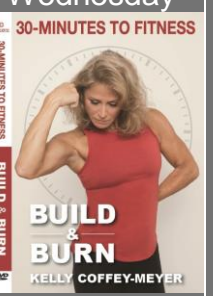

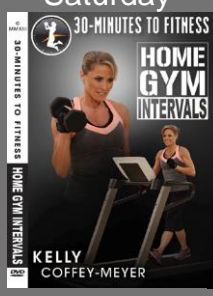
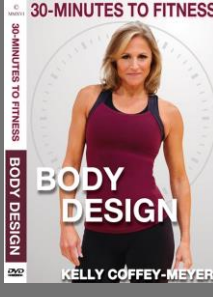
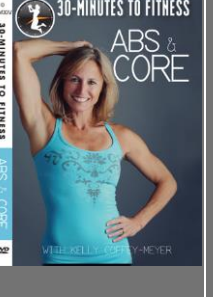
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<i>Strength & Stamina 1 & 2</i>	<i>Amped Up Cardio 1 & 2</i>	<i>Rest</i>	<i>Lean Body Circuits 1 & 2</i>	<i>Stepboxing 2 1 & 2</i>	<i>Sculpting Rx 1 & 2</i>	<i>Your Healthy Back Workout 1</i>

WEEK 3:

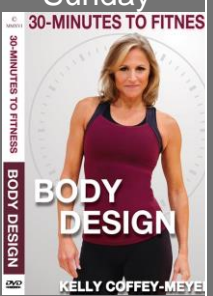
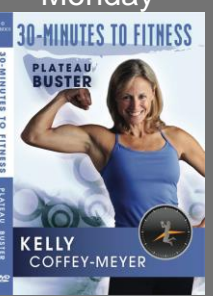
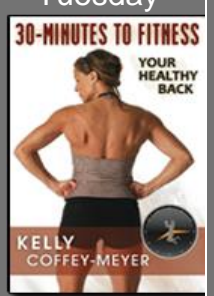




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<i>Rest</i>	<i>Cardio Pump 1 & 2</i>	<i>AC 1 1 & 2</i>	<i>Body Shop 1 & 2</i>	<i>Abs & Core Workout 2</i>	<i>B&B Cardio Core & Upper Body Supersets</i>	<i>Rest</i>

CoffeyFit 60 Minute DVD Rotation 2

WEEK 4:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>30-MINUTES TO FITNESS SHAPE UP KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS STRENGTH AND STAMINA WITH KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS BUILD & BURN KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS BUILD & BURN KELLY COFFEY-MEYER</p>	Rest	 <p>30-MINUTES TO FITNESS MELTDOWN KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS HOME GYM INTERVALS KELLY COFFEY-MEYER</p>
Shape Up 1 & 2	S&S Step Bonus &	B&B Lower Body Tabata & Kettlebell Kickbox Fusion	B&B Trim & Tone Intervals &		Meltdown 1 & 2	Home Gym Intervals 1 & 2
	 <p>30-MINUTES TO FITNESS BODY DESIGN KELLY COFFEY-MEYER</p>		 <p>30-MINUTES TO FITNESS ABS & CORE WITH KELLY COFFEY-MEYER</p>			
	Body Design Yoga Flow		Abs & Core 2			

WEEK 5:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>30-MINUTES TO FITNESS BODY DESIGN KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS PLATEAU BUSTER KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS YOUR HEALTHY BACK KELLY COFFEY-MEYER</p>	Rest	 <p>30-MINUTES TO FITNESS TOTAL BODY KICKBOX KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS BODY DESIGN KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS BUILD & BURN KELLY COFFEY-MEYER</p>
Body Design Cardio Bootcamp w/Light Dumbbells and Light Dumbbell Sculpting	Plateau Buster 1 & 2	Your Healthy Back Workout 2	Rest	Total Body Kickbox 1 & 2	Body Design Stronger Leaner Lower Body, Upper Body Strength, Yoga Flow	B&B Cardio Core
						 <p>30-MINUTES TO FITNESS ATHLETIC CONDITIONING WITH KELLY COFFEY-MEYER</p>
						AC 2 Workout 2

