







CoffeyFit "RAW" Fat Burning Rotation

<p>30 - Minutes to Fitness</p>  <p><i>Cardio Crush</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>HGI #2</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Boxing & Kettlebell</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Just Step #2</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Cardio Overload</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Boxing & Sculpting</i></p>
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<p>30 - Minutes to Fitness</p>  <p><i>888</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Hi/Low</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>HGI #1</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Stretch</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Just Step #2</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Compound Moves</i></p>
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<p>30 - Minutes to Fitness</p>  <p><i>Kettlebell Kickboxing</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Run With Me</i></p>
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