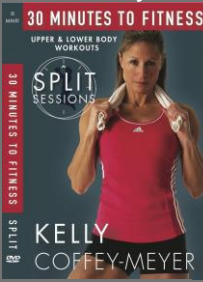
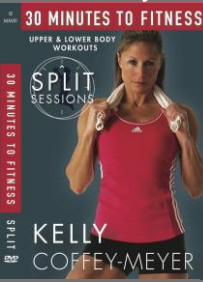
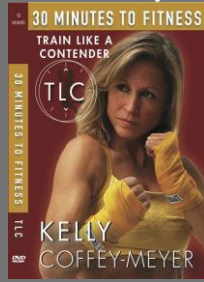
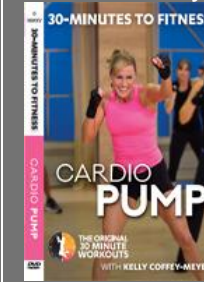
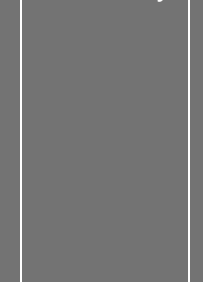
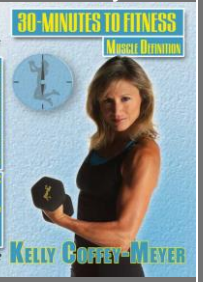
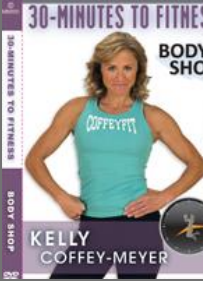
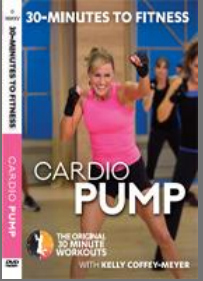


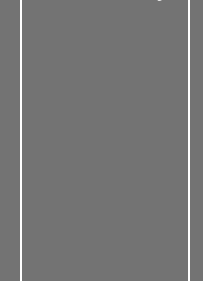



CoffeyFit Strength/Fat Loss Rotation - DVDs


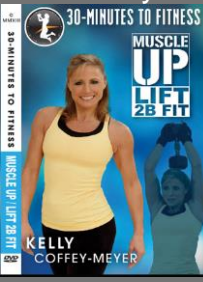
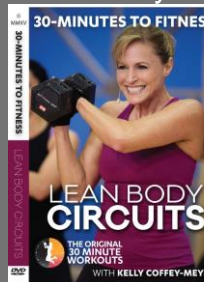
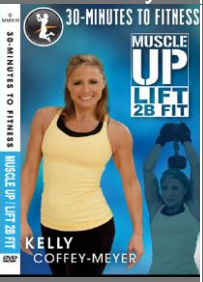
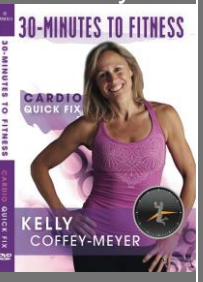
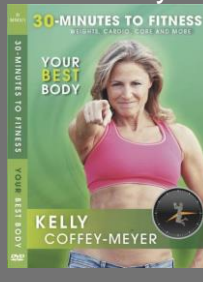
WEEK 1:

 <p>Sunday 30 MINUTES TO FITNESS UPPER & LOWER BODY WORKOUTS SPLIT SESSIONS KELLY COFFEY-MEYER</p>	 <p>Monday 30 MINUTES TO FITNESS UPPER & LOWER BODY WORKOUTS SPLIT SESSIONS KELLY COFFEY-MEYER</p>	 <p>Tuesday 30 MINUTES TO FITNESS TRAIN LIKE A CONTENDER TLC KELLY COFFEY-MEYER</p>	 <p>Wednesday 30-MINUTES TO FITNESS CARDIO PUMP THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	<p>Thursday</p>	 <p>Friday 30-MINUTES TO FITNESS Muscle Definition KELLY COFFEY-MEYER</p>	 <p>Saturday 30-MINUTES TO FITNESS CARDIO QUICK FIX KELLY COFFEY-MEYER</p>
<p><i>Split Sessions Lower Body</i></p>	<p><i>Split Sessions Upper Body</i></p>	<p><i>TLC Workout 1</i></p>	<p><i>Cardio Pump Intervals Premix</i></p>	<p><i>Rest/Stretch</i></p>	<p><i>Muscle Definition Workout 1</i></p>	<p><i>Cardio Quick Fix Workout 1</i></p>

WEEK 2:

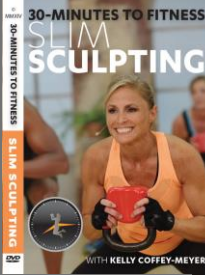
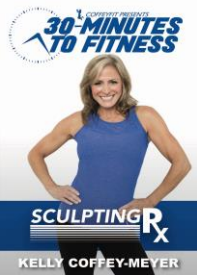

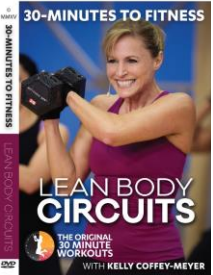
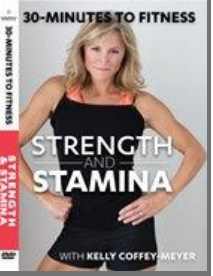
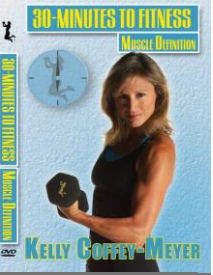
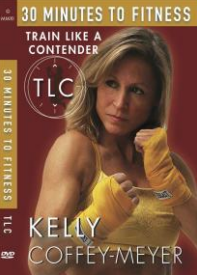
 <p>Sunday 30-MINUTES TO FITNESS BODY SHOP KELLY COFFEY-MEYER</p>	 <p>Monday 30-MINUTES TO FITNESS CARDIO PUMP THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	 <p>Tuesday 30-MINUTES TO FITNESS SCULPTING RX KELLY COFFEY-MEYER</p>	 <p>Wednesday 30-MINUTES TO FITNESS STEP BOXING 2 KELLY COFFEY-MEYER</p>	<p>Thursday</p>	 <p>Friday 30-MINUTES TO FITNESS CARDIO PUMP THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	 <p>Saturday 30-MINUTES TO FITNESS CIRCUIT BURN KELLY COFFEY-MEYER</p>
<p><i>Body Shop Workout 1</i></p>	<p><i>Cardio Pump Workout 1</i></p>	<p><i>Sculpting Rx Workout 2</i></p>	<p><i>Stepboxing 2 Workout 1</i></p>	<p><i>Rest/Stretch</i></p>	<p><i>Cardio Pump Workout 2</i></p>	<p><i>Circuit Burn Workout 1</i></p>

WEEK 3:

 <p>Sunday 30-MINUTES TO FITNESS MELTDOWN KELLY COFFEY-MEYER</p>	 <p>Monday 30-MINUTES TO FITNESS MUSCLE UP LIFT 28 FT KELLY COFFEY-MEYER</p>	 <p>Tuesday 30-MINUTES TO FITNESS LEAN BODY CIRCUITS THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	<p>Wednesday</p>	 <p>Thursday 30-MINUTES TO FITNESS MUSCLE UP LIFT 28 FT KELLY COFFEY-MEYER</p>	 <p>Friday 30-MINUTES TO FITNESS CARDIO QUICK FIX KELLY COFFEY-MEYER</p>	 <p>Saturday 30-MINUTES TO FITNESS YOUR BEST BODY LIGHTER CARDIO, TONE AND MORE KELLY COFFEY-MEYER</p>
<p><i>Meltdown Workout 2</i></p>	<p><i>Muscle Up Workout 2</i></p>	<p><i>Lean Body Circuits Workout 1</i></p>	<p><i>Rest/Stretch</i></p>	<p><i>Muscle Up Workout 1</i></p>	<p><i>Cardio Quick Fix Workout 2</i></p>	<p><i>Your Best Body Workout 1</i></p>

CoffeyFit Strength/Fat Loss Rotation - DVDs

WEEK 4:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>Slim Sculpting Workout 1</i></p>	<p><i>Rest/Stretch</i></p>	 <p><i>Sculpting Rx Workout 1</i></p>	 <p><i>Stepboxing 2 Workout 2</i></p>	 <p><i>Lean Body Circuits Workout 2</i> "OR"</p>  <p><i>Strength and Stamina Workout 1</i></p>	 <p><i>Muscle Definition Workout 2</i></p>	 <p><i>TLC Kelly's Mix Premix</i></p>

**ADD: 2-3 AB WORKOUTS PER WEEK
2-3 LOWER BODY FLOOR WORK PER WEEK**