



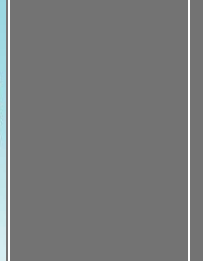





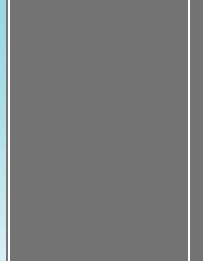



CoffeyFit Strength/Fat Loss Rotation - RAW



WEEK 1:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---------------------|---|--|
| 30 - Minutes to Fitness  | 30 - Minutes to Fitness  | 30 - Minutes to Fitness  | 30 - Minutes to Fitness  | | 30 - Minutes to Fitness  | 30 - Minutes to Fitness  |
| <i>Lower Body Pyramid</i> | <i>Ascending Upper Body Pyramid</i> | <i>Just Step</i> | <i>Kickbox Contouring</i> | <i>Rest/Stretch</i> | <i>Bands & Barre</i> | <i>Cardio Overload V1</i> |

WEEK 2:







| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---------------------|--|---|
| 30 - Minutes to Fitness  | 30 - Minutes to Fitness  | 30 - Minutes to Fitness  | 30 - Minutes to Fitness  | | 30 - Minutes to Fitness  | 30 - Minutes to Fitness  |
| <i>Metabolic (6 and 6)</i> | <i>Real Raw #2 HIIT</i> | <i>Ripped & Ride April</i> | <i>Boxing and Drills</i> | <i>Rest/Stretch</i> | <i>Kettlebell/ Dumbbell Fusion</i> | <i>Cardio Weight Tabata Interval</i> |

WEEK 3:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---------------------|---|--|--|
| 30 - Minutes to Fitness  | 30 - Minutes to Fitness  | 30 - Minutes to Fitness  | | 30 - Minutes to Fitness  | 30 - Minutes to Fitness  | 30 - Minutes to Fitness  |
| <i>Box & Bell & Bands</i> | <i>Lower Body Pyramid</i> | <i>Kickboxing and Olympic Lifts</i> | <i>Rest/Stretch</i> | <i>Upper Body Blast</i> | <i>Boxing and Sculpting</i> | <i>Body Sculpt Overload</i> |

CoffeyFit Strength/Fat Loss Rotation - RAW

WEEK 4:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|----------------------------|--|--|---|--|--|
| <p>30 - Minutes to Fitness</p>  | | <p>30 - Minutes to Fitness</p>  | <p>30 - Minutes to Fitness</p>  | <p>30 - Minutes to Fitness</p>  | <p>30 - Minutes to Fitness</p>  | <p>30 - Minutes to Fitness</p>  |
| <p><i>Ripped & Ride January</i></p> | <p><i>Rest/Stretch</i></p> | <p><i>Tabata Barbell Dumbbell Workout</i></p> | <p><i>Just Step 2</i></p> | <p><i>Interval Training 1</i></p> | <p><i>Tubing Works</i></p> | <p><i>Hi-Lo Cardio - 45</i></p> |

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