


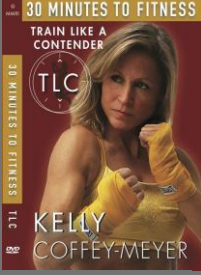
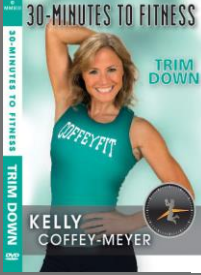
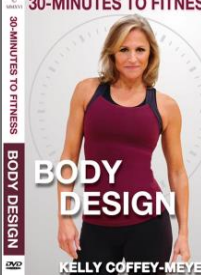
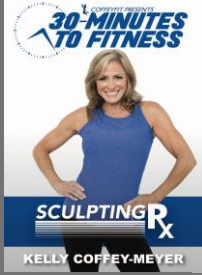

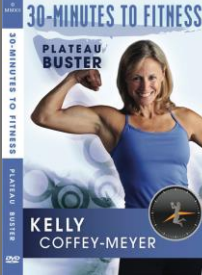
CoffeyFit Weight Loss Rotation Month 1 - DVDs

ACTIVE REST = Walking, Biking, Swimming, Sports 20 – 30 minutes

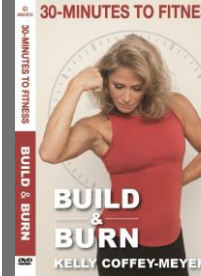

WEEK 1:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<i>Circuit Burn Workout 1</i>	<i>Active Rest & Body Design Yoga Flow</i>	<i>B&B Trim & Tone Intervals</i>	<i>Active Rest & Plateau Buster Stretch</i>	<i>Rest</i>	<i>Lean Body Circuits Workout 2</i>	<i>Active Rest & Body Design Yoga Flow</i>

WEEK 2:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<i>TLC Workout 1</i>	<i>Trim Down Workout 1</i>	<i>Active Rest & Body Design Yoga Flow</i>	<i>Rest</i>	<i>Sculpting Rx Workout 2</i>	<i>Start Here Aerobic Cardio Pre</i>	<i>Active Rest & Plateau Buster Stretch</i>

WEEK 3:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<i>Bootcamp Workout 1</i>	<i>B&B Cardio Core</i>	<i>Rest</i>	<i>Slim Sculpting Workout 1</i>	<i>Total Body Kickboxing Workout 2</i>	<i>Active Rest & Plateau Buster Stretch</i>	<i>B&B Kettlebell Kickbox Fusion</i>

CoffeyFit Weight Loss Rotation Month 1 - DVDs

WEEK 4:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>Stepboxing 2 Workout 1&2</i></p>	<p><i>Rest</i></p>	 <p><i>Circuit Burn Workout 2</i></p>	 <p><i>Cardio Pump Workout 1 &</i></p>	 <p><i>Body Design Weighted Kickboxing & Light Dumbbell Cardio Sculpting</i></p>	<p><i>Active Rest</i></p>	 <p><i>Trim Down Workout 2</i></p>
 <p><i>Body Design Yoga Flow</i></p>			 <p><i>Plateau Buster Stretch</i></p>			