


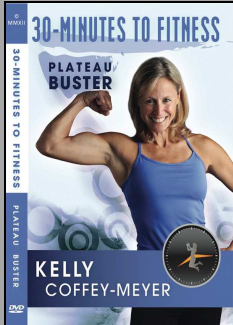
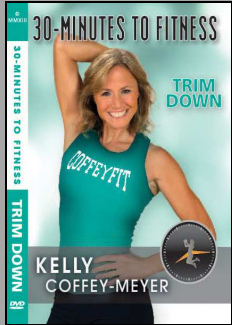
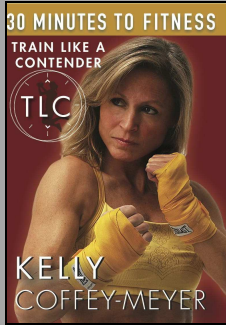
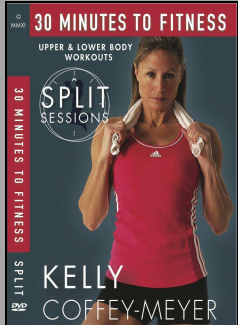
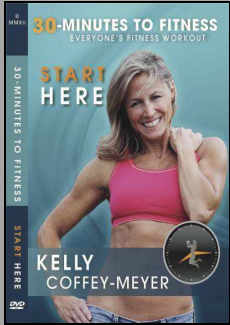
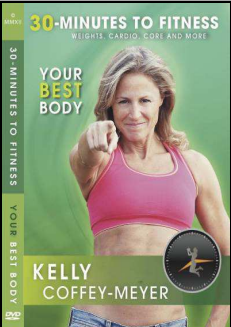

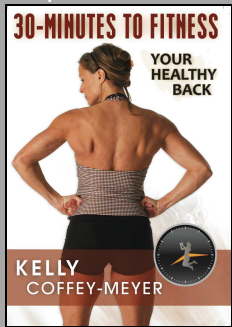
Kelly Coffey-Meyer's 2014 New Year's Rotation

Welcome to your 2014, New Year/New You kick off. Ideally you won't miss a workout and you will always have more energy than you need for each workout. Okay now, wake up! That's not practical. I am insisting that you not stress out if/when life gets in the way and prevents you from the day's workout. Simply pick up where you left off, starting at day one of your three days on and one off. You all know I believe in you, now it's your turn to believe in yourself!

CARPE DIEM my friends!

Three days on, one day off. Off days can be used to rest if needed physically, mentally or time constraints...try to use these days for yoga, stretching, biking, dog walking (or husband), or other workouts that aren't too taxing...You can also do the workouts I have listed below on your normal/usual workout days if it fits better in your schedule. Try to work out 6 days a week if possible.

<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Weights</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Kickboxing</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Shape Up</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p> <p>Off</p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Muscle Definition</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Cardio Blast</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Body Training</i></p>
<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Lift</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Cardio Quick Fix</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Total Body Kickbox</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p> <p>Off</p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Body Shop</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Stepboxing</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Circuit Burn</i></p>

<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Bootcamp</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Plateau Buster</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Trim Down</i></p>	<p>Off</p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>TLC</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Split Sessions</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Start Here</i></p>
<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Your Best Body</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Get Ready, Step, Go!</i></p>	<p>Date: _____</p> <p>Completed <input type="checkbox"/></p>  <p><i>Your Healthy Back</i></p>	<p>When You Get Here...</p> <p><i>Go back to the top of the list and start doing Workout two of each DVD.</i></p>			

*This is approximately a 6 week rotation, depending on how many workouts you get through on the prescribed calendar.

[Click here for previous rotations](#)