

# Kelly Coffey-Meyer's Summer 2014 Weight Loss Rotation

## WEEK 1:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						OFF
<i>Stepboxing 1</i>	<i>Bootcamp 1</i>	<i>Cardio Quick Fix 2</i>	<i>Plateau Buster 1</i>	<i>TLC 1</i>	<i>Home Gym Intervals 1</i>	

## WEEK 2:



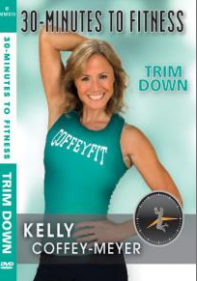

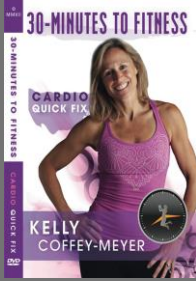
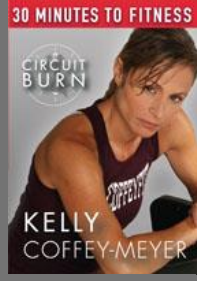
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						OFF
<i>Stepboxing 2</i>	<i>Bootcamp 2</i>	<i>Cardio Blast 2</i>	<i>Plateau Buster 2</i>	<i>TLC 2</i>	<i>Home Gym Intervals 2</i>	

## WEEK 3:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						OFF
<i>Kickboxing 1</i>	<i>Home Gym Intervals 1</i>	<i>Trim Down 1</i>	<i>Shape Up 1</i>	<i>Cardio Quick Fix 1</i>	<i>Circuit Burn 1</i>	

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## WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						OFF
<i>Kickboxing 2</i>	<i>Home Gym Intervals 2</i>	<i>Trim Down 2</i>	<i>Shape Up 2</i>	<i>Cardio Quick Fix 2</i>	<i>Circuit Burn 2</i>	

Go to top and repeat for another month if desired.