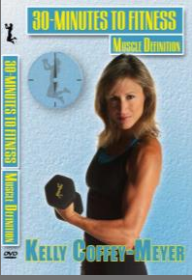
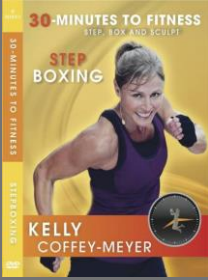
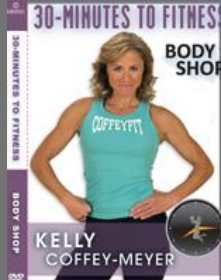
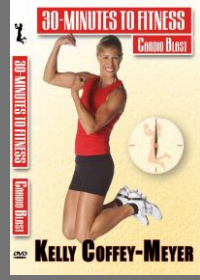



Kelly Coffey-Meyer's 2015 Rotation

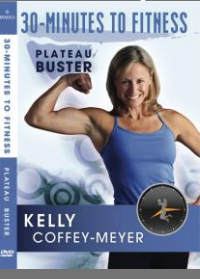
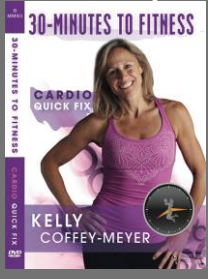
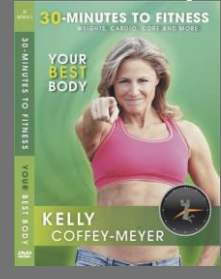

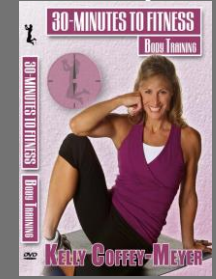
WEEK 1:

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Weights 1</i></p>	 <p><i>Trim Down Cardio boxing only premix</i></p>	 <p><i>Muscle Up 1</i></p>	 <p><i>Total Body KB 1</i></p>	 <p><i>HGI 1 (work hard)</i></p>

WEEK 2:

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Muscle Def 1</i></p>	 <p><i>Step Boxing 1</i></p>	 <p><i>Body Shop 1</i></p>	 <p><i>Cardio Blast 1</i></p>	 <p><i>Slim Sculpting 1</i></p>

WEEK 3:

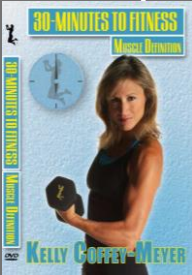
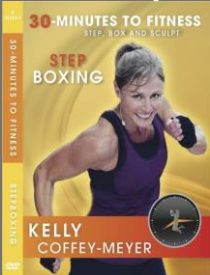
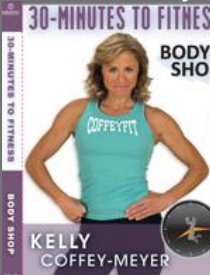
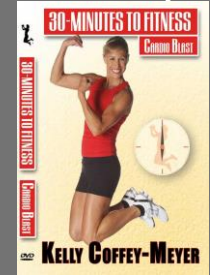
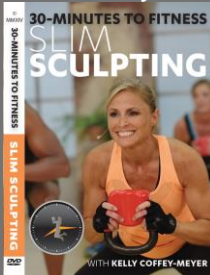
Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Plateau 1</i></p>	 <p><i>Cardio Quick Fix 1</i></p>	 <p><i>Your Best Body 1</i></p>	 <p><i>Shape Up Cardio only premix</i></p>	 <p><i>Body Training 1</i></p>

Kelly Coffey-Meyer's 2015 Rotation

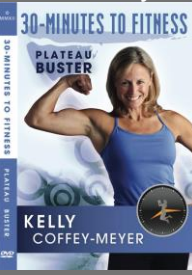
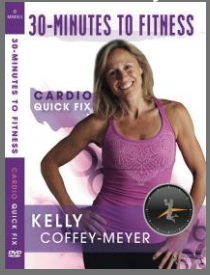
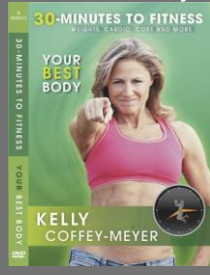


WEEK 4:

<p>Monday</p>  <p>Weights 2</p>	<p>Tuesday</p>  <p>Athletic Conditioning 1</p>	<p>Wednesday</p>  <p>Muscle Up 2</p>	<p>Thursday</p>  <p>Total Body KB 2</p>	<p>Friday</p>  <p>HGI 2</p>
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WEEK 5:

<p>Monday</p>  <p>Muscle Def 2</p>	<p>Tuesday</p>  <p>Step Boxing 2</p>	<p>Wednesday</p>  <p>Body Shop 2</p>	<p>Thursday</p>  <p>Cardio Blast 2</p>	<p>Friday</p>  <p>Slim Sculpting 2</p>
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WEEK 6:

<p>Monday</p>  <p>Plateau 2</p>	<p>Tuesday</p>  <p>Cardio Quick Fix 2</p>	<p>Wednesday</p>  <p>Your Best Body 2</p>	<p>Thursday</p>  <p>Kickboxing 2</p>	<p>Friday</p>  <p>Muscle Up Premix 2 sets of all exercises</p>
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