



# Kelly Coffey-Meyer's 2016 End of Summer Rotation

This is a 6-week, full body rotation with a core/abs focus. Keep following this order, taking your normal days off.

<p>Day 1</p>  <p><b>30-MINUTES TO FITNESS</b> YOUR BEST BODY KELLY COFFEY-MEYER</p> <p>Your Best Body 1 or 2</p>	<p>Day 2</p>  <p><b>30-MINUTES TO FITNESS</b> YOUR HEALTHY BACK KELLY COFFEY-MEYER</p> <p><b>30-MINUTES TO FITNESS</b> ATHLETIC CONDITIONING VOLUME 1 WITH KELLY COFFEY-MEYER</p> <p>YHB or AC2 Workout 2</p>	<p>Day 3</p>  <p><b>30-MINUTES TO FITNESS</b> ATHLETIC CONDITIONING VOLUME 1 WITH KELLY COFFEY-MEYER</p> <p>AC2 Workout 1</p>	<p>Day 4</p>  <p><b>30-MINUTES TO FITNESS</b> SLIM SCULPTING WITH KELLY COFFEY-MEYER</p> <p>Slim Sculpting 1 or 2</p>	<p>Day 5</p>  <p><b>30-MINUTES TO FITNESS</b> WEIGHTS KELLY COFFEY-MEYER</p> <p>Weights 1</p>
<p>Day 6</p>  <p><b>30-MINUTES TO FITNESS</b> ABS &amp; CORE WITH KELLY COFFEY-MEYER</p> <p><b>30 MINUTES TO FITNESS</b> LIFT KELLY COFFEY-MEYER</p> <p>Abs&amp;Core pick one, and LIFT body refiner premix</p>		<p>Day 7</p>  <p><b>30-MINUTES TO FITNESS</b> CARDIO BLAST KELLY COFFEY-MEYER</p> <p>Cardio Blast 2</p>	<p>Day 8</p>  <p><b>30-MINUTES TO FITNESS</b> STRENGTH AND STAMINA WITH KELLY COFFEY-MEYER</p> <p>Strength &amp; Stamina 1 or 2</p>	