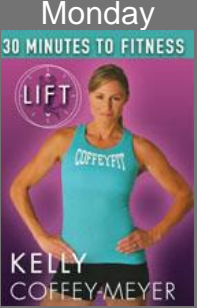
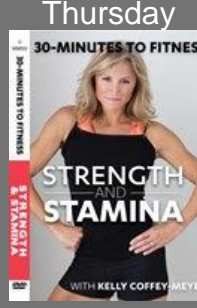
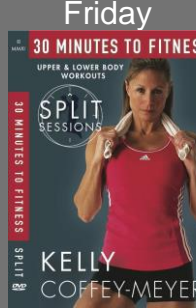
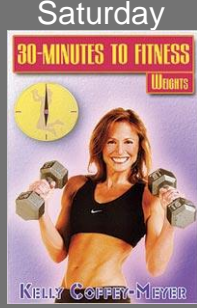


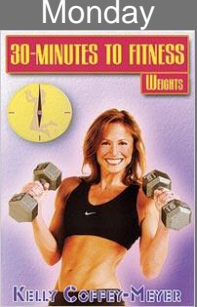
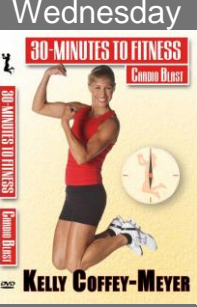

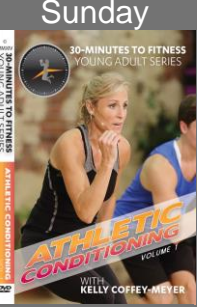
Kelly Coffey-Meyer's 2016 Winter MUSCLE UP Rotation

This rotation is 4 weeks long with an option for 6. Do weeks 1 and 2 and then repeat for weeks 3 and 4. Weeks 5 and 6 are a 2 week total body refiner to add on to the 4 week strength rotation.

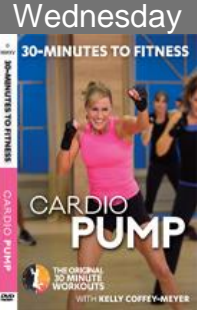
WEEKS 1 & 3:

 <p>Monday</p> <p><i>LIFT 1</i></p>	 <p>Tuesday</p> <p><i>Muscle Up 2</i></p>	 <p>Wednesday</p> <p><i>OFF or Cardio Pump 1</i></p>	 <p>Thursday</p> <p><i>Strength & Stamina 1</i></p>	 <p>Friday</p> <p><i>Split Sessions 2</i></p>	 <p>Saturday</p> <p><i>Weights 2</i></p>	 <p>Sunday</p> <p><i>AC Vol 2 2</i></p>
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WEEKS 2 & 4:

 <p>Monday</p> <p><i>Weights 1</i></p>	 <p>Tuesday</p> <p><i>Stepboxing Weights only premix</i></p>	 <p>Wednesday</p> <p><i>Cardio Blast 2</i></p>	 <p>Thursday</p> <p><i>Strength & Stamina 2</i></p>	 <p>Friday</p> <p><i>Muscle Up 1</i></p>	<p>Saturday</p> <p>OFF</p>	 <p>Sunday</p> <p><i>AC Vol1 2</i></p>
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WEEK 5:

 <p>Monday</p> <p><i>Total Body KB 1</i></p>	 <p>Tuesday</p> <p><i>Body Training 1</i></p>	 <p>Wednesday</p> <p><i>Cardio Pump 2</i></p>	 <p>Thursday</p> <p><i>Body Training 2</i></p>	 <p>Friday</p> <p><i>Any Stepboxing</i></p>	 <p>Saturday</p> <p><i>LIFT 2</i></p>	<p>Sunday</p> <p>OFF</p>
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Kelly Coffey-Meyer's 2016 Winter MUSCLE UP Rotation

WEEK 6:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>TLC 2</p>	 <p>Cardio Blast 2</p>	 <p>NYC</p>	 <p>AC Vol1 1</p>	 <p>LIFT 1</p>	 <p>TLC 1</p>	OFF