
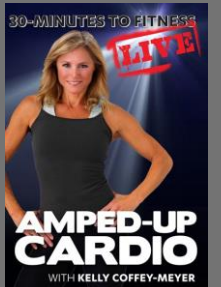


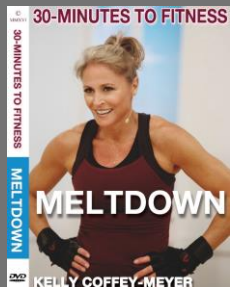

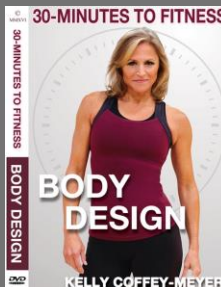



# Kelly Coffey-Meyer's 2017 Fall Rotation

Before I release my Winter Rotation Box Set, here is your Fall rotation. Do them on your normal workout days or do 3 days on and one off (that's what I would do). After doing the last workout, start all over again and continue for 4-6 weeks. \*Days off should always include stretching (check out the Yoga Flow stretch on Body Design, the Bonus stretch on my Bootcamp DVD, and workout 2 on my Athletic Conditioning Vol. 1 DVD).

<p>1</p> <p>30 - Minutes to Fitness</p>  <p>RAW "Lower &amp; KettleBells"</p>	<p>2</p> <p>30-MINUTES TO FITNESS</p>  <p>MELTDOWN</p> <p>KELLY COFFEY-MEYER</p> <p>Meltdown 1</p>	<p>3</p> <p>30 - Minutes to Fitness</p>  <p>RAW "888"</p>	<p>4</p> <p>30-MINUTES TO FITNESS</p>  <p>AMPED-UP CARDIO</p> <p>LIVE</p> <p>WITH KELLY COFFEY-MEYER</p> <p>Amped-Up Cardio LIVE 1&amp;2</p>	<p>5</p> <p>30-MINUTES TO FITNESS</p>  <p>BODY DESIGN</p> <p>KELLY COFFEY-MEYER</p> <p>Body Design Cardio Sculpt &amp; Upper Premix</p>	<p>6</p> <p>30 - Minutes to Fitness</p>  <p>RAW "Cardio Crush"</p>
---	---	--	--	--	---

<p>7</p> <p>30 - Minutes to Fitness</p>  <p>RAW "Hips &amp; Glutes"</p>	<p>8</p> <p>30-MINUTES TO FITNESS</p>  <p>MELTDOWN</p> <p>KELLY COFFEY-MEYER</p> <p>Meltdown 2</p>	<p>9</p> <p>30 - Minutes to Fitness</p>  <p>RAW "Upper Body"</p>	<p>10</p> <p>30-MINUTES TO FITNESS</p>  <p>BODY DESIGN</p> <p>KELLY COFFEY-MEYER</p> <p>Body Design Bootcamp &amp; Lower Body Premix</p>	<p>11</p> <p>30 - Minutes to Fitness</p>  <p>RAW "Boxing"</p>
--	--	--	---	---

Carpe Diem!