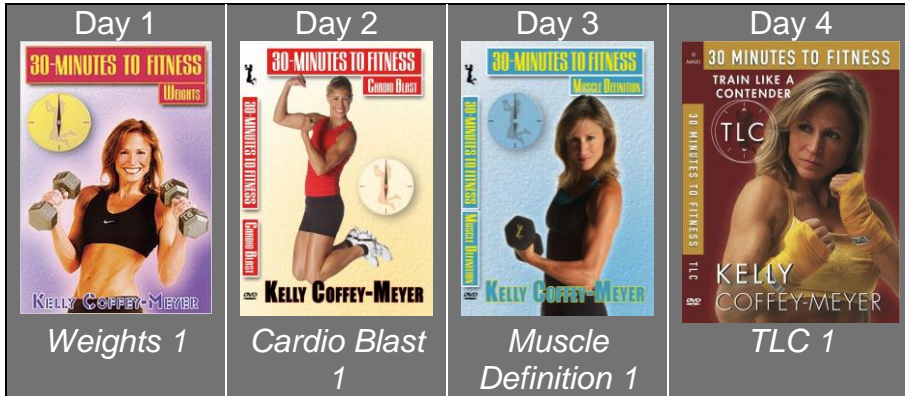
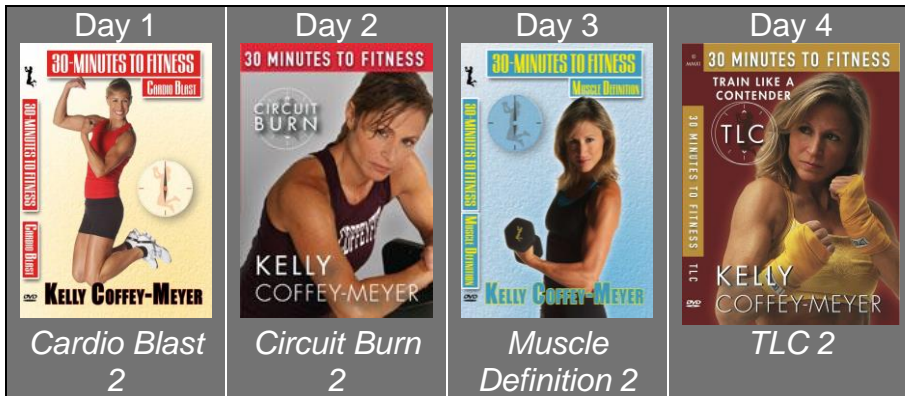


Kelly Coffey-Meyer's 30-Minute Rotation Option 1

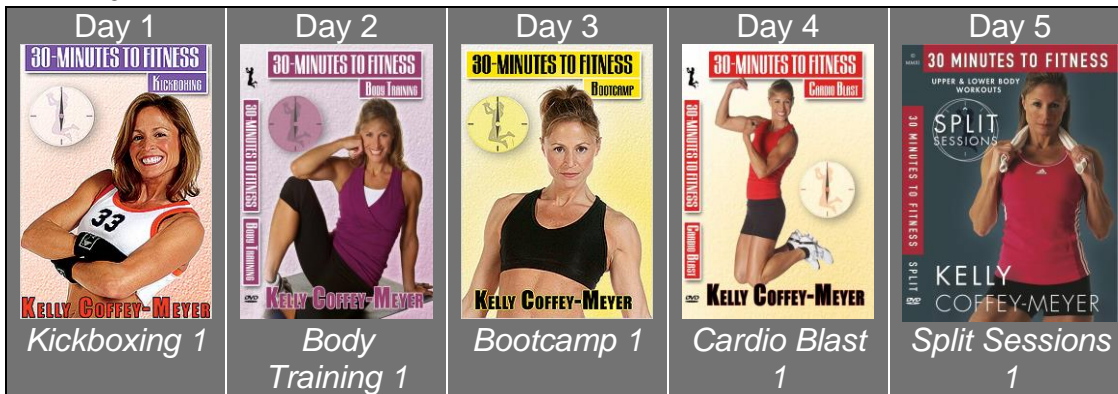
WEEK 1:



WEEK 2:


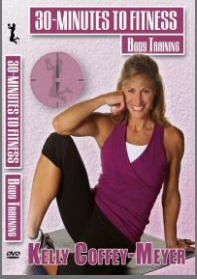
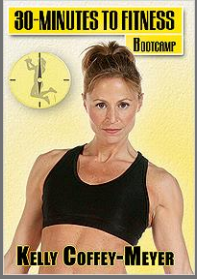
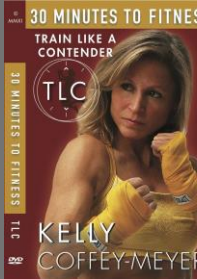
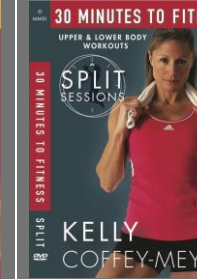


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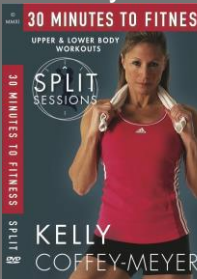




Kelly Coffey-Meyer's 30-Minute Rotation Option 1

WEEK 4:

<p>Day 1</p>  <p>KICKBOXING 2</p> <p>KELLY COFFEY-MEYER</p>	<p>Day 2</p>  <p>BODY TRAINING 2</p> <p>KELLY COFFEY-MEYER</p>	<p>Day 3</p>  <p>BOOTCAMP 2</p> <p>KELLY COFFEY-MEYER</p>	<p>Day 4</p>  <p>TLC 2</p> <p>KELLY COFFEY-MEYER</p>	<p>Day 5</p>  <p>SPLIT SESSIONS 2</p> <p>KELLY COFFEY-MEYER</p>
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WEEK 5:

<p>Day 1</p>  <p>SPLIT SESSIONS Lower Body (includes Floor)</p> <p>KELLY COFFEY-MEYER</p>	<p>Day 2</p>  <p>KICKBOXING 1</p> <p>KELLY COFFEY-MEYER</p>	<p>Day 3</p>  <p>BODY TRAINING 1</p> <p>KELLY COFFEY-MEYER</p>	<p>Day 4</p>  <p>CIRCUIT BURN Cardio & Box premix</p> <p>KELLY COFFEY-MEYER</p>	<p>Day 5</p>  <p>CARDIO BLAST 1</p> <p>KELLY COFFEY-MEYER</p>
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WEEK 6:

<p>Day 1</p>  <p>TLC Upper Body premix</p> <p>KELLY COFFEY-MEYER</p>	<p>Day 2</p>  <p>CIRCUIT BURN Cardio & Legs premix</p> <p>KELLY COFFEY-MEYER</p>	<p>Day 3</p>  <p>SPLIT SESSIONS Upper Body Blitz premix</p> <p>KELLY COFFEY-MEYER</p>	<p>Day 4</p>  <p>TLC Lower Body premix LIFT Quick Body Refiner</p> <p>KELLY COFFEY-MEYER</p>
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