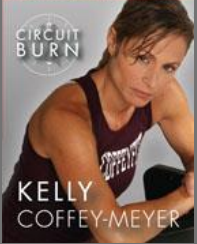
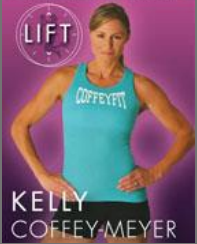
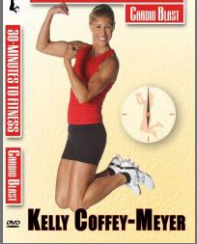
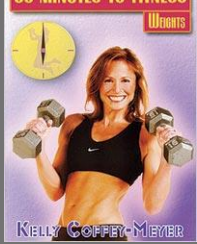

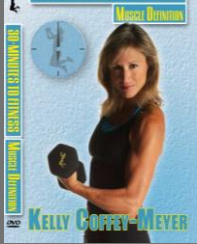


# Kelly Coffey-Meyer's 30-Minute Rotation Option 2

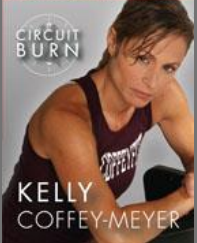
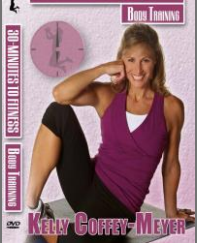
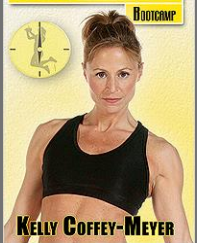
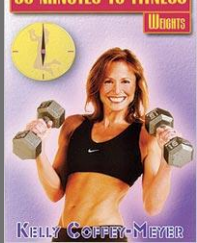
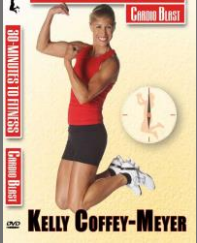
## WEEK 1:

<p>Day 1</p> <p>30 MINUTES TO FITNESS</p> <p>CIRCUIT BURN</p>  <p>KELLY COFFEY-MEYER</p> <p>Circuit Burn 1</p>	<p>Day 2</p> <p>30 MINUTES TO FITNESS</p> <p>LIFT</p>  <p>KELLY COFFEY-MEYER</p> <p>LIFT Workout</p>	<p>Day 3</p> <p>30 MINUTES TO FITNESS</p> <p>Cardio Blast</p>  <p>KELLY COFFEY-MEYER</p> <p>Cardio Blast - Step</p>	<p>Day 4</p> <p>30-MINUTES TO FITNESS</p> <p>Weights</p>  <p>KELLY COFFEY-MEYER</p> <p>Weights Workout 1</p>	<p>Day 5</p> <p>30-MINUTES TO FITNESS</p> <p>KICKBOXING</p>  <p>KELLY COFFEY-MEYER</p> <p>Kickboxing 1</p>	<p>Day 6</p> <p>30-MINUTES TO FITNESS</p> <p>Muscle Definition</p>  <p>KELLY COFFEY-MEYER</p> <p>Muscle Definition 1</p>
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## WEEK 2:

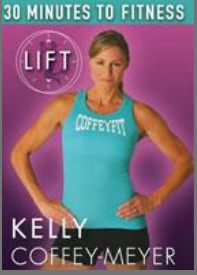
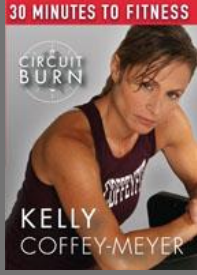
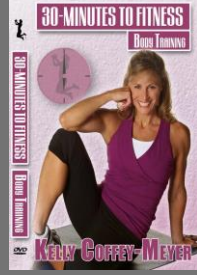
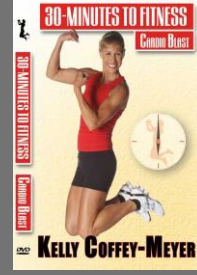


<p>Day 1</p> <p>30 MINUTES TO FITNESS</p> <p>LIFT</p>  <p>KELLY COFFEY-MEYER</p> <p>Power Sculpting</p>	<p>Day 2</p> <p>30-MINUTES TO FITNESS</p> <p>Cardio Blast</p>  <p>KELLY COFFEY-MEYER</p> <p>Cardio Blast - Plyo</p>	<p>Day 3</p> <p>30-MINUTES TO FITNESS</p> <p>Muscle Definition</p>  <p>KELLY COFFEY-MEYER</p> <p>Muscle Definition 2</p>	<p>Day 4</p> <p>30-MINUTES TO FITNESS</p> <p>KICKBOXING</p>  <p>KELLY COFFEY-MEYER</p> <p>Kickboxing 2</p>	<p>Day 5</p> <p>30-MINUTES TO FITNESS</p> <p>BOOTCAMP</p>  <p>KELLY COFFEY-MEYER</p> <p>Bootcamp Strength premix</p>
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## WEEK 3:

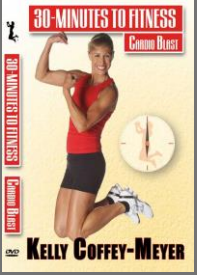
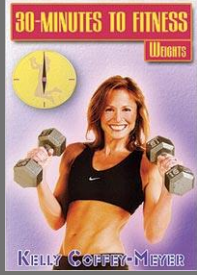
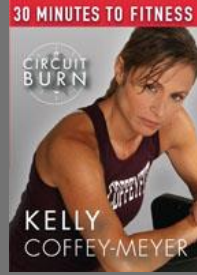



<p>Day 1</p> <p>30 MINUTES TO FITNESS</p> <p>CIRCUIT BURN</p>  <p>KELLY COFFEY-MEYER</p> <p>Circuit Burn 2</p>	<p>Day 2</p> <p>30-MINUTES TO FITNESS</p> <p>Body Training</p>  <p>KELLY COFFEY-MEYER</p> <p>Body Training 2</p>	<p>Day 3</p> <p>30-MINUTES TO FITNESS</p> <p>BOOTCAMP</p>  <p>KELLY COFFEY-MEYER</p> <p>Bootcamp Cardio premix</p>	<p>Day 4</p> <p>30-MINUTES TO FITNESS</p> <p>Weights</p>  <p>KELLY COFFEY-MEYER</p> <p>Weights 2</p>	<p>Day 5</p> <p>30-MINUTES TO FITNESS</p> <p>Cardio Blast</p>  <p>KELLY COFFEY-MEYER</p> <p>Cardio Blast - Plyo</p>
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# Kelly Coffey-Meyer's 30-Minute Rotation Option 2

## WEEK 4:

<p>Day 1</p> <p>30 MINUTES TO FITNESS</p> <p>LIFT</p>  <p>KELLY COFFEY-MEYER</p> <p>LIFT Workout</p>	<p>Day 2</p> <p>30 MINUTES TO FITNESS</p> <p>CIRCUIT BURN</p>  <p>KELLY COFFEY-MEYER</p> <p>Circuit Burn 1</p>	<p>Day 3</p> <p>30 MINUTES TO FITNESS</p> <p>Body Training</p>  <p>KELLY COFFEY-MEYER</p> <p>Body Training 2</p>	<p>Day 4</p> <p>30 MINUTES TO FITNESS</p> <p>Cardio Blast</p>  <p>KELLY COFFEY-MEYER</p> <p>Cardio Blast - Plyo</p>	<p>Day 5</p> <p>30 MINUTES TO FITNESS</p> <p>LIFT</p>  <p>KELLY COFFEY-MEYER</p> <p>Power Sculpting</p>	<p>Day 6</p> <p>30 MINUTES TO FITNESS</p> <p>KICKBOXING</p>  <p>KELLY COFFEY-MEYER</p> <p>Kickboxing 2</p>
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## WEEK 5:

<p>Day 1</p> <p>30 MINUTES TO FITNESS</p> <p>Cardio Blast</p>  <p>KELLY COFFEY-MEYER</p> <p>Cardio Blast Premix 1</p>	<p>Day 2</p> <p>30 MINUTES TO FITNESS</p> <p>Weights</p>  <p>KELLY COFFEY-MEYER</p> <p>Weights 1</p>	<p>Day 3</p> <p>30 MINUTES TO FITNESS</p> <p>CIRCUIT BURN</p>  <p>KELLY COFFEY-MEYER</p> <p>Circuit Burn premix cardio/box</p>	<p>Day 4</p> <p>30 MINUTES TO FITNESS</p> <p>Muscle Definition</p>  <p>KELLY COFFEY-MEYER</p> <p>Muscle Def Premix chest/back</p>	<p>Day 5</p> <p>30 MINUTES TO FITNESS</p> <p>KICKBOXING</p>  <p>KELLY COFFEY-MEYER</p> <p>Kickboxing 2</p>	<p>Day 6</p> <p>30 MINUTES TO FITNESS</p> <p>BOOTCAMP</p>  <p>KELLY COFFEY-MEYER</p> <p>Bootcamp 1</p>
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## WEEK 6:

<p>Day 1</p> <p>30 MINUTES TO FITNESS</p> <p>Cardio Blast</p>  <p>KELLY COFFEY-MEYER</p> <p>Cardio Blast - Plyo</p>	<p>Day 2</p> <p>30 MINUTES TO FITNESS</p> <p>Body Training</p>  <p>KELLY COFFEY-MEYER</p> <p>Body Training 2</p>	<p>Day 3</p> <p>30 MINUTES TO FITNESS</p> <p>CIRCUIT BURN</p>  <p>KELLY COFFEY-MEYER</p> <p>Circuit Burn 2</p>	<p>Day 4</p> <p>30 MINUTES TO FITNESS</p> <p>LIFT</p>  <p>KELLY COFFEY-MEYER</p> <p>LIFT Workout</p>	<p>Day 5</p> <p>30 MINUTES TO FITNESS</p> <p>BOOTCAMP</p>  <p>KELLY COFFEY-MEYER</p> <p>Bootcamp 2</p>	<p>Day 6</p> <p>30 MINUTES TO FITNESS</p> <p>LIFT</p>  <p>KELLY COFFEY-MEYER</p> <p>Power Sculpting</p>
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