

# Kelly Coffey-Meyer's 30-Minute Rotation Option 3

## WEEK 1 - CARDIO QUEEN:

<p>Day 1</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>Bootcamp Cardio premix</i></p>	<p>Day 2</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>Cardio Blast - Plyo</i></p>	<p>Day 3</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>Circuit Burn premix cardio/box</i></p>	<p>Day 4</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>TLC 1 Boxing</i></p>	<p>Day 5</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>Kickboxing 1 or 2</i></p>
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## WEEK 2 - KING OF WEIGHTS:

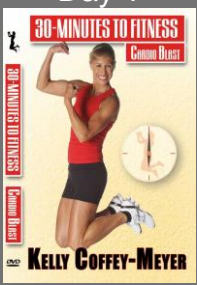
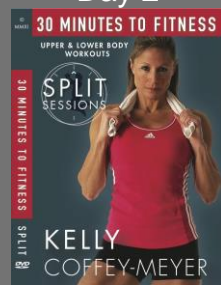
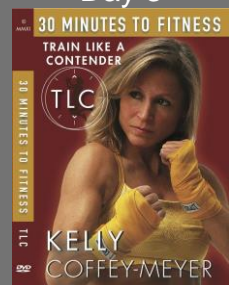
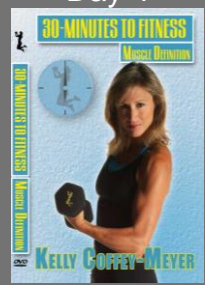

<p>Day 1</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>Split Sessions 1</i></p>	<p>Day 2</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>Split Sessions 2</i></p>	<p>Day 3</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>Muscle Definition 1</i></p>	<p>Day 4</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>Body Training 1</i></p>	<p>Day 5</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>LIFT 1</i></p>
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## WEEK 3 - IT'S ALL ABOUT ME:

<p>Day 1</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>TLC 2</i></p>	<p>Day 2</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>Body Training 2</i></p>	<p>Day 3</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>Cardio Blast 2</i></p>	<p>Day 4</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>TLC 1</i></p>	<p>Day 5</p> <p><b>KELLY COFFEY-MEYER</b></p> <p><i>Body Training 1</i></p>
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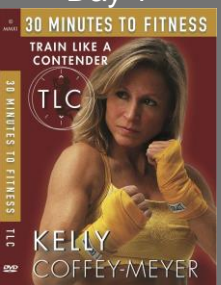
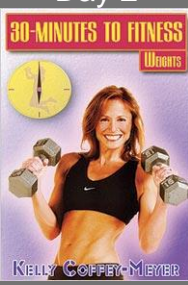

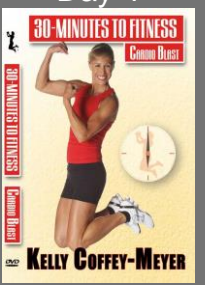
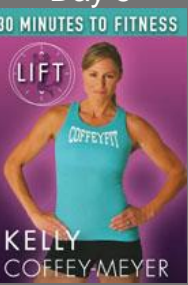
## WEEK 4 - PREMIX ME:

<p>Day 1</p>  <p><b>Cardio Blast</b> Step Plyo Blast premix</p>	<p>Day 2</p>  <p><b>Split Sessions</b> Full Body Time Saver premix</p>	<p>Day 3</p>  <p><b>TLC</b> Upper Body Cond &amp; Lower Body Cond</p>	<p>Day 4</p>  <p><b>Muscle Def</b> Shoulders, Bi's, Tri's premix</p>	<p>Day 5</p>  <p><b>Muscle Def</b> Back &amp; Chest premix</p>
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## WEEK 5 - GET ON THE FLOOR:

<p>Day 1</p>  <p><b>Circuit Burn</b> Quick Body Refiner &amp; Kb Abs</p>	<p>Day 2</p>  <p><b>Body Training</b> Hip Mix premix &amp; Abs from Weights</p>	<p>Day 3</p>  <p><b>TLC</b> Push Up premix &amp; Circuit Burn Abs</p>	<p>Day 4</p>  <p><b>Split Sessions</b> Floor Bonus</p>	<p>Day 5</p>  <p><b>Body Training</b> Strength Mix</p>
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## WEEK 6 - HIT IT HARD:

<p>Day 1</p>  <p><b>TLC 2</b></p>	<p>Day 2</p>  <p><b>Weights 1</b></p>	<p>Day 3</p>  <p><b>Bootcamp</b> 1 &amp; 2</p>	<p>Day 4</p>  <p><b>Cardio Blast</b> 2</p>	<p>Day 5</p>  <p><b>LIFT</b> 17 min premix &amp; 2</p>
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## WEEK 7 - BLENDED:

<p>Day 1</p> <p><b>SPLIT SESSIONS</b> UPPER &amp; LOWER BODY WORKOUTS</p> <p>KELLY COFFEY-MEYER</p> <p><i>Split Sessions</i> 1 &amp; 2</p>	<p>Day 2</p> <p><b>30 MINUTES TO FITNESS</b> TRAIN LIKE A CONTENDER</p> <p><b>TLC</b></p> <p>KELLY COFFEY-MEYER</p> <p><i>TLC</i> 1 &amp; 2</p>	<p>Day 3</p> <p><b>30-MINUTES TO FITNESS</b> Weights</p> <p>KELLY COFFEY-MEYER</p> <p><i>Weights</i> 1 &amp; 2</p>	<p>Day 4</p> <p><b>30-MINUTES TO FITNESS</b> KICKBOXING</p> <p>KELLY COFFEY-MEYER</p> <p><i>Kickboxing</i> 1 &amp; 2</p>	<p>Day 5</p> <p><b>30-MINUTES TO FITNESS</b> Muscle Defining</p> <p>KELLY COFFEY-MEYER</p> <p><i>Muscle Def</i> Full Body premix</p>
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## WEEK 8 - COMPOUND:

<p>Day 1</p> <p><b>30 MINUTES TO FITNESS</b> LIFT</p> <p>KELLY COFFEY-MEYER</p> <p><i>LIFT 2</i></p>	<p>Day 2</p> <p><b>30 MINUTES TO FITNESS</b> UPPER &amp; LOWER BODY WORKOUTS</p> <p><b>SPLIT SESSIONS</b></p> <p>KELLY COFFEY-MEYER</p> <p><i>Split Sessions</i> Lower Body Blast premix</p>	<p>Day 3</p> <p><b>30 MINUTES TO FITNESS</b> TRAIN LIKE A CONTENDER</p> <p><b>TLC</b></p> <p>KELLY COFFEY-MEYER</p> <p><i>TLC</i> Lower Body Conditioning</p>	<p>Day 4</p> <p><b>30 MINUTES TO FITNESS</b> CIRCUIT BURN</p> <p>KELLY COFFEY-MEYER</p> <p><i>Circuit Burn</i> Sculpt &amp; Legs premix</p>	<p>Day 5</p> <p><b>30-MINUTES TO FITNESS</b> BOOTCAMP</p> <p>KELLY COFFEY-MEYER</p> <p><i>Bootcamp</i> Strength Mix</p>
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## WEEK 9 - BONUS:

<p>Day 1</p> <p><b>Get Ready, Step, Go!</b></p> <p><i>Get Ready, Step, Go</i></p>	<p>Day 2</p> <p><b>Complete Cardio Sculpting</b> The Shape of Things to Come with Kelly Coffey-Meyer</p> <p><i>The Shape of Things to Come</i></p>	<p>Day 3</p> <p><b>STEP-BOXING</b> KELLY COFFEY-MEYER</p> <p><b>STEP, KICK, PUNCH AND SCULPT YOUR WAY TO A LEANER BODY!</b></p> <p><i>Cardio Kick Step-Boxing</i></p>	<p>Day 4</p> <p><b>NYC</b> "A NEW YOU COMING"</p> <p>KELLY COFFEY-MEYER</p> <p><i>NYC</i></p>	<p>Day 5</p> <p><b>STEP-BOXING</b> KELLY COFFEY-MEYER</p> <p><b>STEP, KICK, PUNCH AND SCULPT YOUR WAY TO A LEANER BODY!</b></p> <p><i>Step-Boxing</i></p>
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