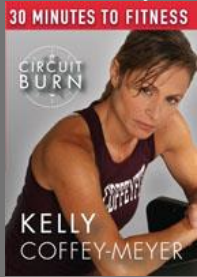
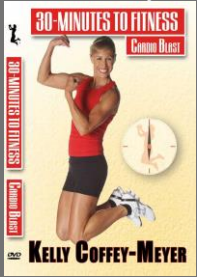
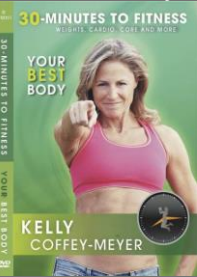
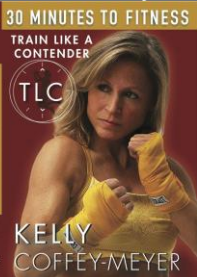
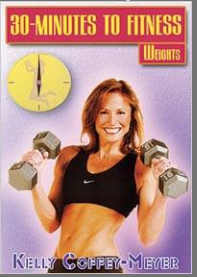

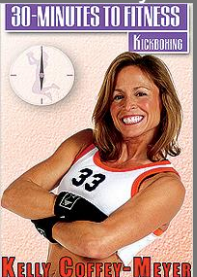
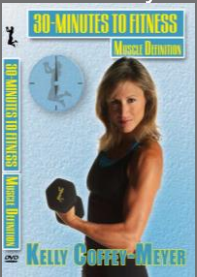
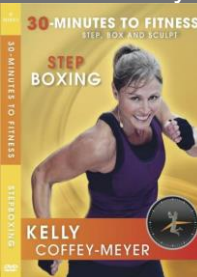
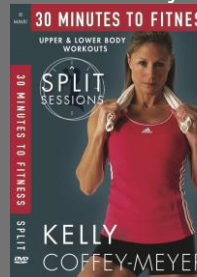




# Kelly Coffey-Meyer's 60 Minute Rotation


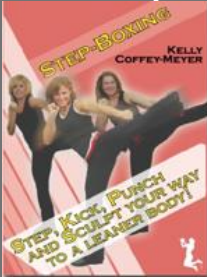
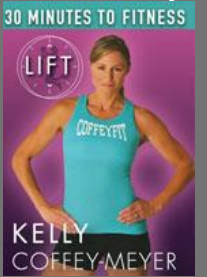
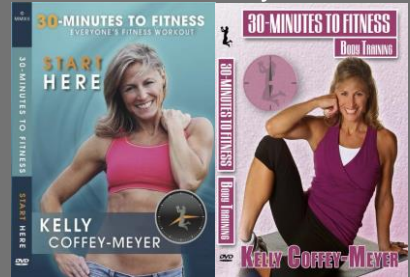

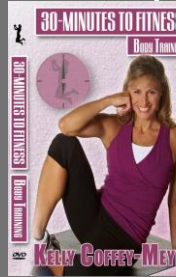
## WEEK 1:

<p>Monday</p>  <p><b>Circuit Burn 1 &amp; 2</b></p>	<p>Tuesday</p>  <p><b>Cardio Blast</b> Step plyo blast plus premix</p>	<p>Wednesday</p>  <p><b>Your Best Body 1 &amp; 2</b></p>	<p>Thursday</p>  <p><b>TLC 1 &amp; 2</b></p>	<p>Friday</p>  <p><b>Weights 1 &amp; 2</b></p>	<p>Saturday</p>  <p><b>LIFT</b> Total body refiner bonus</p>
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## WEEK 2:



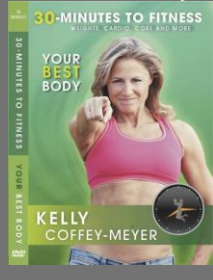
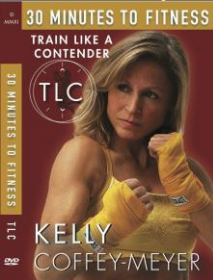
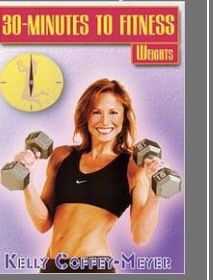
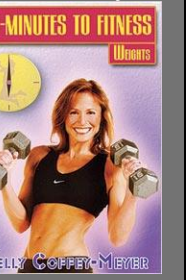
<p>Monday</p>  <p><b>Kickboxing 1 &amp; 2</b></p>	<p>Tuesday</p>  <p><b>Muscle Definition 1 &amp; 2</b></p>	<p>Wednesday</p>  <p><b>Step Boxing 1 &amp; 2</b></p>	<p>Thursday</p>  <p><b>Split Sessions 1 &amp; 2</b></p>	<p>Friday</p>  <p><b>Get Ready, Step, Go!</b></p>	<p>Saturday</p>  <p><b>Kickboxing</b> Bonus core/abs</p>
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## WEEK 3:

<p>Monday</p>  <p><b>NYC</b></p>	<p>Tuesday</p>  <p><b>Cardio Kick Step-Boxing</b></p>	<p>Wednesday</p>  <p><b>LIFT 1 &amp; 2</b></p>	<p>Thursday</p>  <p><b>Start Here 1 &amp; Body Training 2</b></p>	<p>Friday</p>  <p><b>Bootcamp 1 &amp; 2</b></p>	<p>Saturday</p>  <p><b>Body Training Premix 2</b></p>
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# Kelly Coffey-Meyer's 60 Minute Rotation

## WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Complete Cardio Sculpting The Shape of Things to Come with Kelly Coffey-Meyer</p>	 <p>30-MINUTES TO FITNESS Kickboxing KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS YOUR BEST BODY KELLY COFFEY-MEYER</p>	 <p>30 MINUTES TO FITNESS TRAIN LIKE A CONTENDER TLC KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS Weights KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS Weights KELLY COFFEY-MEYER</p>
<p>The Shape of Things to Come</p>	<p>Kickboxing 1 &amp; 2</p>	<p>Your Best Body 1 &amp; 2 With cardio rests premix</p>	<p>TLC 1 &amp; 2</p>	<p>Weights 1 &amp; 2 With cardio rests premix</p>	<p>Weights Abs</p>