

CoffeyFit DVD and RAW Beginner Rotation

(2 days on and 1 day off, REPEAT FOR 30 DAYS)

Before you start your Beginner Rotation, it is important to note that you shouldn't expect to be able to complete all of workouts or all of the moves. Always do as much as you can and don't get frustrated as this is very normal. One day you will surprise yourself and master the workouts. Using a binder to keep good notes after each workout is very helpful.

Equipment to start your journey with:

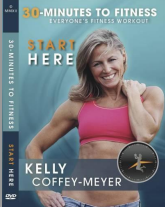



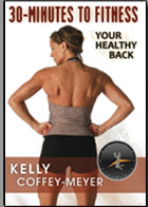
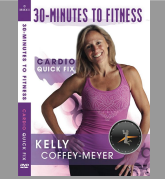
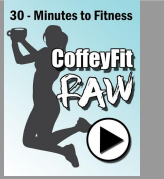

- * Light resistance handled tubing (1lb dbs will also work)
- * A pair of 4 or 5 pound dbs
- * Have a sweat towel and water bottle handy and let's go....
- * A pair of 7 or 8 pound dbs
- * Workout/Yoga mat

FIRST STEP:

DO THE [RAW FITNESS TEST](#) WORKOUT AND SKIP A DAY BEFORE STARTING YOUR BEGINNER ROTATION. Do as much as you can and keep notes. This is your baseline of fitness that you will go back to in the future to determine your overall fitness gains.

DO NOT DO THIS WORKOUT AGAIN IN THE ROTATION...IT IS YOUR BASELINE.

START ROTATION:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 <p>Start Here Workout 1</p>	 <p>Start Here Workout 2</p>	REST	 <p><u>Bands & Barre</u> Use a chair or broom stick for balance</p>	 <p>Stretch & Tone</p>	REST	 <p>Your Healthy Back</p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12		
 <p>Cardio Quick Fix 1st 30 minutes</p>	REST	 <p><u>RAW Floorwork</u> Workout 2</p>	 <p><u>RAW Hi/Lo Cardio</u> 45</p>	REST		

