


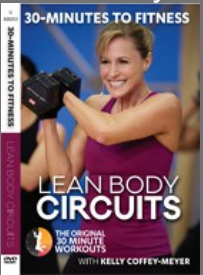

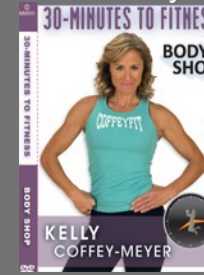

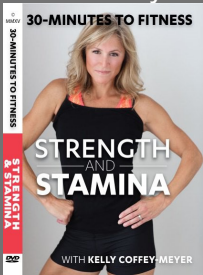

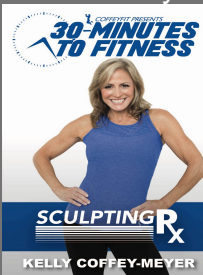
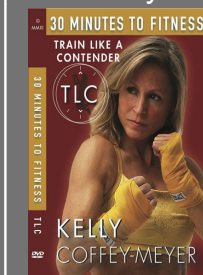



# Kelly Coffey-Meyer's Boxing Weight Loss Rotation

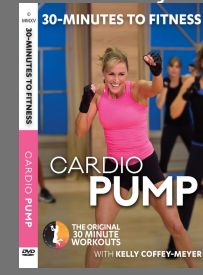



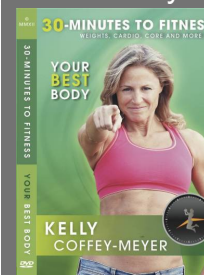
## WEEK 1:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>30-MINUTES TO FITNESS MELTDOWN KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness CoffeyFit RAW KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness CoffeyFit RAW KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS LEAN BODY CIRCUIT THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness CoffeyFit RAW KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS BODY SHOP KELLY COFFEY-MEYER</p>	<p>REST Stretch</p>
<i>Meltdown 1</i>	<i>RAW Ripped and Ride April 2019</i>	<i>RAW Heavy Bag Workout</i>	<i>Lean Body Circuit</i>	<i>RAW Boxing and Drills</i>	<i>Body Shop 1</i>	

## WEEK 2:

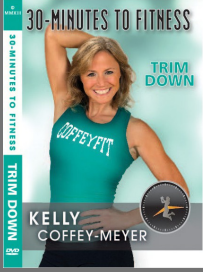


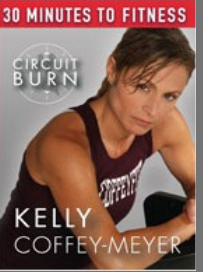
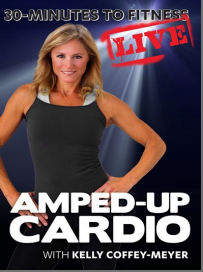

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>30 - Minutes to Fitness CoffeyFit RAW KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS STRENGTH AND STAMINA WITH KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness CoffeyFit RAW KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS SCULPTING Rx KELLY COFFEY-MEYER</p>	 <p>30 MINUTES TO FITNESS TRAIN LIKE A CONTENDER TLC KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness CoffeyFit RAW KELLY COFFEY-MEYER</p>	<p>REST Stretch</p>
<i>RAW Kickboxing Contour</i>	<i>Strength and Stamina 1</i>	<i>RAW Boxing and Sculpting</i>	<i>Sculpting Rx 2</i>	<i>TLC 1</i>	<i>RAW Weights Circuit 1</i>	

## WEEK 3:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>30-MINUTES TO FITNESS CARDIO PUMP KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness CoffeyFit RAW KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS TOTAL BODY KICKBOX KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness CoffeyFit RAW KELLY COFFEY-MEYER</p>	<p>REST Stretch</p>	 <p>30-MINUTES TO FITNESS YOUR BEST BODY KELLY COFFEY-MEYER</p>	<p>REST Stretch</p>
<i>Cardio Pump 1</i>	<i>RAW Compound Weights</i>	<i>Total Body Kickbox 1</i>	<i>RAW Kickboxing and Olympic Weights</i>		<i>Your Best Body</i>	

# Kelly Coffey-Meyer's Boxing Weight Loss Rotation

## WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p><i>Trim Down 1</i></p>	 <p><i>RAW Strong and Lean</i></p>	 <p><i>RAW Ripped and Ride May 2019</i></p>	 <p><i>Circuit Burn Premix Boxing and Sculpting</i></p>	 <p><i>Amped up Cardio</i></p>	 <p><i>RAW Hip Hop Sculpting</i></p>	<p>REST Stretch</p>

## ADD:

2-3 AB WORKOUTS PER WEEK

2-3 LOWER BODY FLOORWORK PER WEEK

2-3 ACTIVITIES PER WEEK: WALKING, SWIMMING, BIKING, SPORTS FOR 20-30 MINUTES

**Go to top and repeat for another month if desired.**