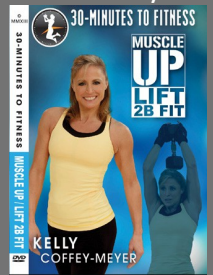
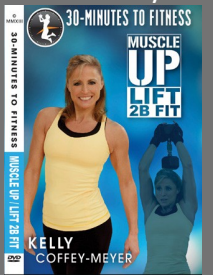



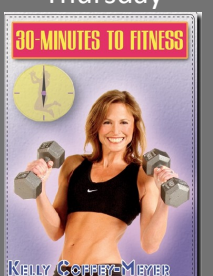
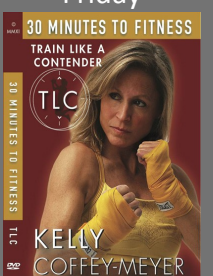



Kelly Coffey-Meyer's Boxing and Strength Fat Loss Rotation

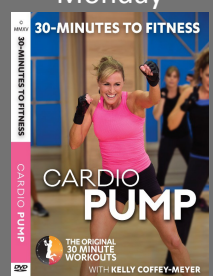

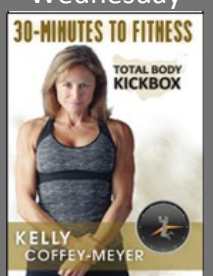


WEEK 1:

<p>Monday</p> <p>30-MINUTES TO FITNESS</p>  <p>MELTDOWN</p> <p>KELLY COFFEY-MEYER</p> <p>Meltdown W/O 1</p>	<p>Tuesday</p> <p>30-MINUTES TO FITNESS</p>  <p>MUSCLE UP</p> <p>KELLY COFFEY-MEYER</p> <p>Muscle Up W/O 1</p>	<p>Wednesday</p> <p>30 - Minutes to Fitness</p>  <p>CoffeyFit RAW</p> <p>RAW Heavy Bag Boxing</p>	<p>Thursday</p> <p>30-MINUTES TO FITNESS</p>  <p>MUSCLE UP</p> <p>KELLY COFFEY-MEYER</p> <p>Muscle Up W/O 2</p>	<p>Friday</p> <p>30 - Minutes to Fitness</p>  <p>CoffeyFit RAW</p> <p>RAW Boxing & Drills</p>	<p>Saturday</p> <p>30-MINUTES TO FITNESS</p>  <p>MUSCLE DEFINITION</p> <p>KELLY COFFEY-MEYER</p> <p>Muscle Definition W/O 1</p>	<p>Sunday</p> <p>REST/Stretch</p>
---	---	--	--	---	--	-----------------------------------

WEEK 2:

<p>Monday</p> <p>30 - Minutes to Fitness</p>  <p>CoffeyFit RAW</p> <p>RAW Kickboxing Contour</p>	<p>Tuesday</p> <p>30-MINUTES TO FITNESS</p>  <p>KELLY COFFEY-MEYER</p> <p>Weights W/O 1</p>	<p>Wednesday</p> <p>30 - Minutes to Fitness</p>  <p>CoffeyFit RAW</p> <p>RAW Boxing & Sculpting</p>	<p>Thursday</p> <p>30-MINUTES TO FITNESS</p>  <p>KELLY COFFEY-MEYER</p> <p>Weights W/O 2</p>	<p>Friday</p> <p>30 MINUTES TO FITNESS</p>  <p>TRAIN LIKE A CONTENDER</p> <p>TLC</p> <p>KELLY COFFEY-MEYER</p> <p>TLC W/O 1</p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p>CoffeyFit RAW</p> <p>RAW Weights Circuit 1</p>	<p>Sunday</p> <p>REST/Stretch</p>
---	---	---	--	--	---	-----------------------------------

WEEK 3:

<p>Monday</p> <p>30-MINUTES TO FITNESS</p>  <p>CARDIO PUMP</p> <p>THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p> <p>Cardio Pump W/O 1</p>	<p>Tuesday</p> <p>30 - Minutes to Fitness</p>  <p>CoffeyFit RAW</p> <p>RAW Ascending Pyramid Upper Body</p>	<p>Wednesday</p> <p>30-MINUTES TO FITNESS</p>  <p>TOTAL BODY KICKBOX</p> <p>KELLY COFFEY-MEYER</p> <p>Total Body Kickbox W/O 1</p>	<p>Thursday</p> <p>30 - Minutes to Fitness</p>  <p>CoffeyFit RAW</p> <p>RAW Lower Body Pyramid</p>	<p>Friday</p> <p>REST</p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p>CoffeyFit RAW</p> <p>RAW Metabolic Workout</p>	<p>Sunday</p> <p>REST/Stretch</p>
--	--	---	---	---------------------------	--	-----------------------------------

Kelly Coffey-Meyer's Boxing and Strength Fat Loss Rotation

WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>30-MINUTES TO FITNESS TRIM DOWN KELLY COFFEY-MEYER</p>	 <p>30 MINUTES TO FITNESS SPLIT SESSIONS UPPER & LOWER BODY WORKOUTS KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness CoffeyFit RAW</p>	 <p>30 MINUTES TO FITNESS SPLIT SESSIONS UPPER & LOWER BODY WORKOUTS KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS AMPED-UP CARDIO LIVE WITH KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness CoffeyFit RAW</p>	REST/Stretch
<i>Trim Down W/O 1</i>	<i>Split Sessions W/O 1</i>	<i>RAW R & R May 2019</i>	<i>Split Sessions W/O 2</i>	<i>Amped Up Cardio</i>	<i>RAW Real Raw 1</i>	

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.