

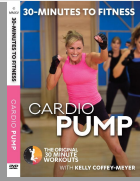

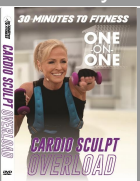






CoffeyFit DVD and RAW Cardio, Box and Sculpt Rotation




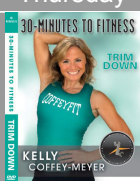

Week 1:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			YOUR CARDIO PICK			REST
<u>Plateau Blaster Harder Premix</u>	<u>Cardio Quick Fix 1</u>	<u>Step Drills and Compound Moves</u>		<u>Cardio Pump Interval Mix</u>	<u>September 2019 Ripped and Ride</u>	

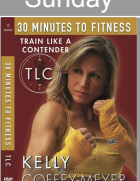




Week 2:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			YOUR CARDIO PICK			REST
<u>Cardio Sculpt Overload Whole DVD</u>	<u>HIIT</u>	<u>Sculpting Rx 1</u>		<u>Strong and Lean 1</u>	<u>Heavy Bag Boxing</u>	

Week 3:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			YOUR CARDIO PICK			REST
<u>Slim Sculpting 1</u>	<u>Boxing and Drills</u>	<u>Your Best Body with Cardio Rests</u>		<u>Trim Down 1</u>	<u>Real RAW 3</u>	

Week 4:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			YOUR CARDIO PICK			REST
<u>TLC Coffeyfit Blend</u>	<u>Strong and Lean</u>	<u>Strong and Lean 2</u>		<u>Body Sculpt Overload</u>	<u>Perfect 10 6/60</u>	

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.