
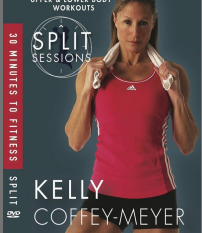
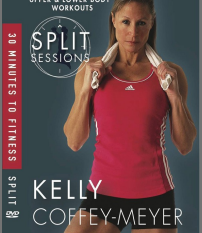


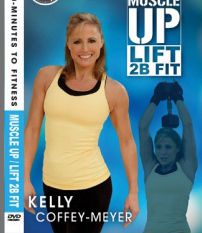

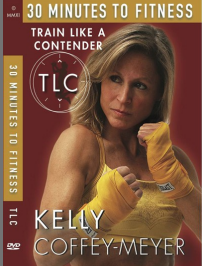


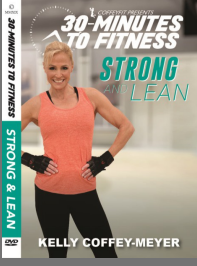



# Kelly Coffey-Meyer's FIT & TRIM "Total Body Strength & Muscle"




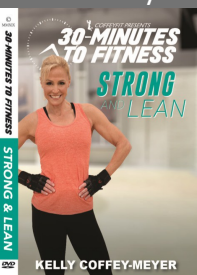


## WEEK 1:

<p>Monday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Cardio HIIT; 6/60</p>	<p>Tuesday</p> <p>30 MINUTES TO FITNESS</p> <p>SPLIT SESSIONS</p> <p>UPPER &amp; LOWER BODY WORKOUTS</p>  <p>KELLY COFFEY-MEYER</p> <p>Split Sessions Upper Body</p>	<p>Wednesday</p> <p>30 MINUTES TO FITNESS</p> <p>SPLIT SESSIONS</p> <p>UPPER &amp; LOWER BODY WORKOUTS</p>  <p>KELLY COFFEY-MEYER</p> <p>Split Sessions Lower Body</p>	<p>Thursday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Step 2; Ab Finisher</p>	<p>Friday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Oct. R &amp; R</p>	<p>Saturday</p> <p>30-MINUTES TO FITNESS</p> <p>MUSCLE UP UP LIFT 2&amp;3 FIT</p>  <p>KELLY COFFEY-MEYER</p> <p>Muscle Up; Muscle Up Abs</p>	<p>Sunday</p> <p>REST/Stretch</p>
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## WEEK 2:



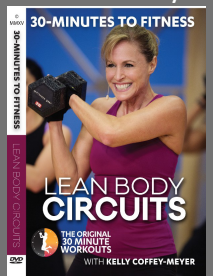


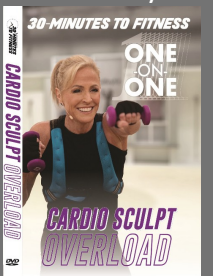
<p>Monday</p> <p>30-MINUTES TO FITNESS</p> <p>MUSCLE UP UP LIFT 2&amp;3 FIT</p>  <p>KELLY COFFEY-MEYER</p> <p>Muscle Up 2</p>	<p>Tuesday</p> <p>30 MINUTES TO FITNESS</p> <p>TRAIN LIKE A CONTENDER</p> <p>TLC</p>  <p>KELLY COFFEY-MEYER</p> <p>TLC Boxing; Section from Abs &amp; Core</p>	<p>Wednesday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Box &amp; Pump 1</p>	<p>Thursday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Floorwork 1</p>	<p>Friday</p> <p>30-MINUTES TO FITNESS</p> <p>STRONG &amp; LEAN</p>  <p>KELLY COFFEY-MEYER</p> <p>Strong from Strong &amp; Lean</p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Strength Back &amp; Biceps</p>	<p>Sunday</p> <p>REST/Stretch</p>
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## WEEK 3:

<p>Monday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Strength Chest &amp; Triceps</p>	<p>Tuesday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Strength Shoulders &amp; Legs</p>	<p>Wednesday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Strength Stretch</p>	<p>Thursday</p> <p>30-MINUTES TO FITNESS</p> <p>STRONG &amp; LEAN</p>  <p>KELLY COFFEY-MEYER</p> <p>Lean from Strong &amp; Lean</p>	<p>Friday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Strength Total Body</p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Ascending Upper Body Pyramid</p>	<p>Sunday</p> <p>REST/Stretch</p>
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# Kelly Coffey-Meyer's FIT & TRIM "Total Body Strength & Muscle"

## WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>30 - Minutes to Fitness</p> <p><b>CoffeyFit RAW</b></p>	 <p>30 - Minutes to Fitness</p> <p><b>CoffeyFit RAW</b></p>	 <p>30-MINUTES TO FITNESS</p> <p><b>LEAN BODY CIRCUITS</b></p> <p>THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness</p> <p><b>CoffeyFit RAW</b></p>	 <p>30 - Minutes to Fitness</p> <p><b>CoffeyFit RAW</b></p>	 <p>30-MINUTES TO FITNESS</p> <p><b>ONE ON ONE</b></p> <p><b>CARDIO SCULPT OVERLOAD</b></p>	<p>REST/Stretch</p>
<p><i>RAW Lower Body Pyramid</i></p>	<p><i>RAW Cardio Overload 1 or 2; 6/60</i></p>	<p><i>Lean Body Circuits Combined w/o Hi/Lo Premix</i></p>	<p><i>RAW May R &amp; R</i></p>	<p><i>RAW Upper Sculpt/Lower Tone</i></p>	<p><i>CSO One on One Whole DVD</i></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.**