
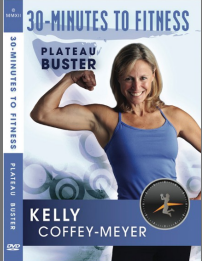
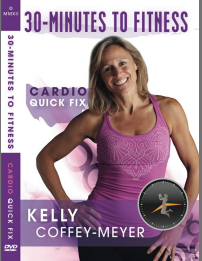

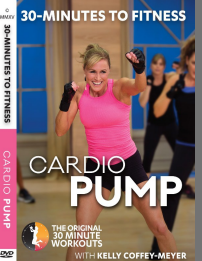

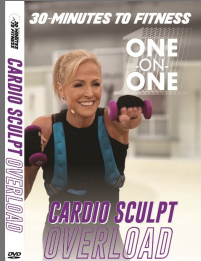


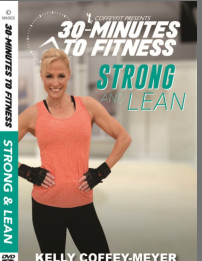
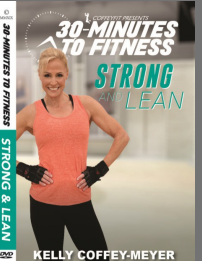



Kelly Coffey-Meyer's GET LEAN "Cardio & Muscle Definition" Rotation

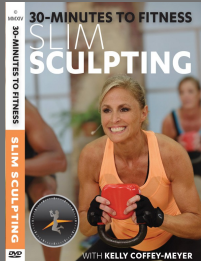

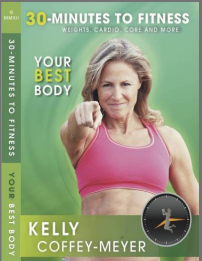
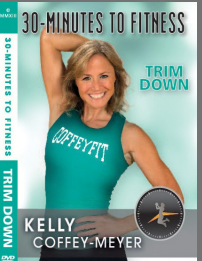


WEEK 1:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						REST/Stretch
Lift Workout 2	Plateau Buster Harder Premix	Cardio Quick Fix W/O 1	RAW Step Drills & Compound Moves	Cardio Pump Interval Premix	RAW Sept. R & R	

WEEK 2:


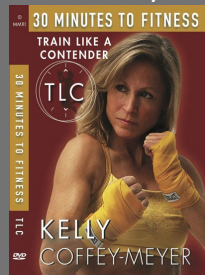

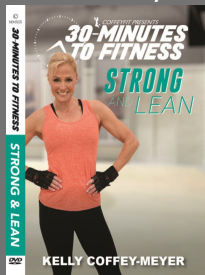


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						REST/Stretch
Cardio Sculpt Overload	RAW HIIT; 6/60 Abs/Core	Sculpting Rx W/O 1	Strong & Lean W/O 2	Strong & Lean W/O 1	RAW Heavy Bag Boxing	

WEEK 3:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						REST/Stretch
Slim Sculpting W/O 1	RAW Boxing & Drills	Your Best Body w/ Cardio Rests	Trim Down W/O 1	RAW Real Raw #3	Stepboxing 2 W/O 1	

Kelly Coffey-Meyer's GET LEAN "Cardio & Muscle Definition" Rotation

WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>30-Minutes to Fitness BODY SHOP 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</p>	 <p>30-MINUTES TO FITNESS STRONG & LEAN KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness CoffeyFit RAW</p>	 <p>30-MINUTES TO FITNESS MUSCLE UP LIFT 2x FIT KELLY COFFEY-MEYER</p>	<p>REST/Stretch</p>
Body Shop Combined Premix	TLC Coffeyfit Blend	RAW Strong & Lean	Strong & Lean W/O 2	RAW Body Sculpt Overload	Lift W/O 2	

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.