






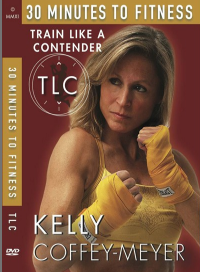

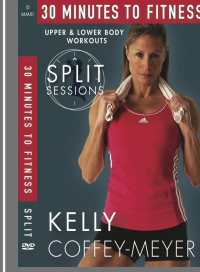




# Kelly Coffey-Meyer's Strength & Box Rotation







## WEEK 1:

<p>Monday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Hip and Glutes; 6/60 Core</p>	<p>Tuesday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Box and Pump 2</p>	<p>Wednesday</p> <p>REST Stretch</p>	<p>Thursday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Lower Body Pyramid</p>	<p>Friday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Boxing and Sculpting; RAW Core Moved</p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Ascending Upper Body Pyramid</p>	<p>Sunday</p> <p>30-MINUTES TO FITNESS</p>  <p>Meltdown Boxing; Section from Abs &amp; More</p>
--	---	--	--	---	--	--

## WEEK 2:

<p>Monday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Tabata Barbell/DB Workout</p>	<p>Tuesday</p> <p>30 MINUTES TO FITNESS</p> <p>TRAIN LIKE A CONTENDER</p>  <p>TLC Combined Workout</p>	<p>Wednesday</p> <p>REST Stretch</p>	<p>Thursday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Box and Pump 1; RAW 6/60 Core</p>	<p>Friday</p> <p>30 MINUTES TO FITNESS</p> <p>UPPER &amp; LOWER BODY WORKOUTS</p>  <p>Split Sessions Lower Body</p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Boxing and Drills; RAW Abs Finisher</p>	<p>Sunday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Descending Upper Body Pyramid</p>
---	--	--	--	--	--	--

## WEEK 3:

<p>Monday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Heavy Bag Boxing</p>	<p>Tuesday</p> <p>30 - Minutes to Fitness</p>  <p>Meltdown Weights</p>	<p>Wednesday</p> <p>REST Stretch</p>	<p>Thursday</p> <p>30 - Minutes to Fitness</p>  <p>RAW R&amp;R November Total Body</p>	<p>Friday</p> <p>30-MINUTES TO FITNESS</p> <p>TOTAL BODY KICKBOX</p>  <p>Total Body Kickbox Workout 2; Abs &amp; More</p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Strength Back and Biceps; Trimdown Cardio Premix</p>	<p>Sunday</p> <p>30 - Minutes to Fitness</p>  <p>RAW Strength Chest and Triceps; RAW Cardio</p>
---	---	--	---	---	--	--

## Kelly Coffey-Meyer's Strength and Box Rotation

**WEEK 4:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30-MINUTES TO FITNESS STRENGTH AND STAMINA WITH KELLY COFFEY-MEYER</p>	<p>30 - Minutes to Fitness CoffeyFit RAW</p>	<p>REST Stretch</p>	<p>30 - Minutes to Fitness CoffeyFit RAW</p>	<p>30 - Minutes to Fitness CoffeyFit RAW</p>	<p>30 - Minutes to Fitness CoffeyFit RAW</p>	<p>30 - Minutes to Fitness CoffeyFit RAW</p>
<p>Strength Shoulders and Legs</p>	<p>RAW R&amp;R May</p>		<p>RAW Strength Total Body</p>	<p>RAW Boxing and Tubing</p>	<p>RAW Hip Hop Sculpting</p>	<p>Raw Box and Pump 3</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.**

