




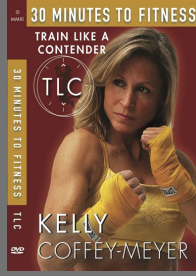

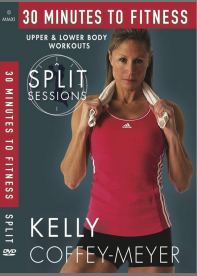






Kelly Coffey-Meyer's YOUR FIT PHYSIQUE "Box & Lift" Rotation







WEEK 1:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>	 <p>30-MINUTES TO FITNESS MELTDOWN KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness</p>	 <p>30 MINUTES TO FITNESS TRAIN LIKE A CONTENDER TLC KELLY COFFEY-MEYER</p>	REST/Stretch
RAW Lower Body Pyramid	RAW Boxing & Sculpting; Core Moves	RAW Ascending Upper Body Pyramid	Meltdown Boxing; Section from Abs & Core	Raw Tabata Barbell/DB	TLC Combined Workout	

WEEK 2:







Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>30 - Minutes to Fitness</p>	 <p>30 MINUTES TO FITNESS UPPER & LOWER BODY WORKOUTS SPLIT SESSIONS KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>	 <p>30-MINUTES TO FITNESS MELTDOWN KELLY COFFEY-MEYER</p>	REST/Stretch
RAW Box & Pump 1; RAW 6/60	Split Sessions Lower Body	RAW Boxing & Drills; RAW Abs Finisher	RAW Descending Upper Body Pyramid	RAW Heavy Bag Boxing	Meltdown Weights	

WEEK 3:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>30 - Minutes to Fitness</p>	 <p>30-MINUTES TO FITNESS TOTAL BODY KICKBOX KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>	REST/Stretch
RAW Nov. R & R (Total Body)	Total Body Kickbox 2; Abs & More	RAW Strength Back & Biceps; Trim Down Cardio Premix	RAW Strength Chest & Triceps; RAW Cardio Finisher	RAW Strength Shoulders & Legs	RAW May R & R	

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WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 - Minutes to Fitness  RAW Strength Total Body	30 - Minutes to Fitness  RAW Boxing & Tubing	30 - Minutes to Fitness  RAW Hip Hop Sculpting	30 - Minutes to Fitness  RAW Hips & Glutes; 6/60 Abs and Core	30 - Minutes to Fitness  RAW Box & Pump 3	30 - Minutes to Fitness  RAW Box & Pump 2	REST/Stretch

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.