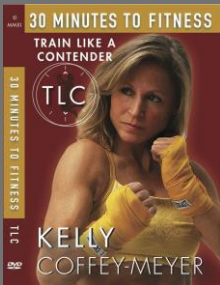
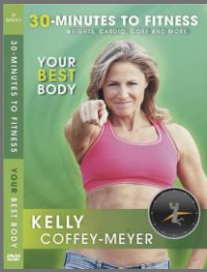

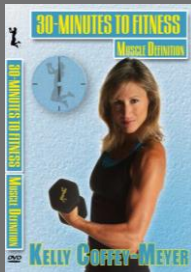
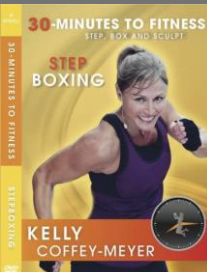
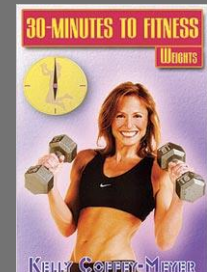
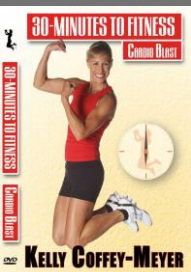
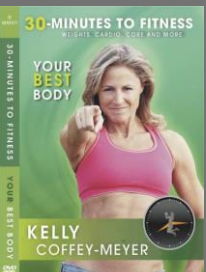
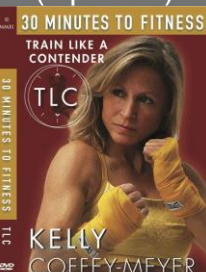
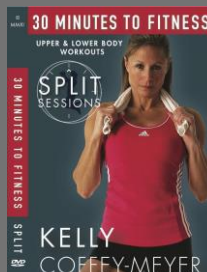
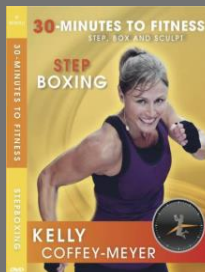
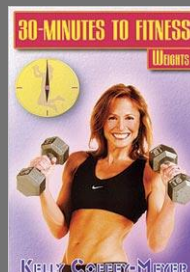


# Kelly Coffey-Meyer's 2012 New Year Rotation

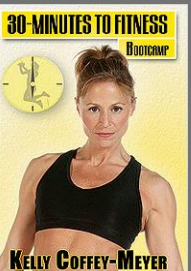

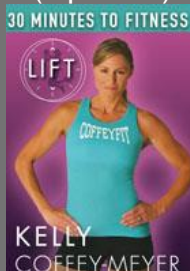
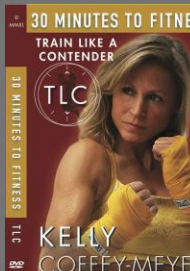
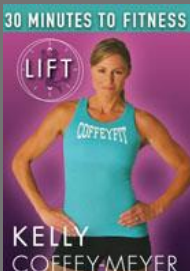
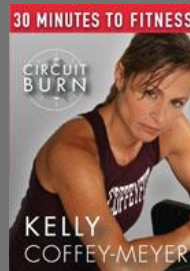
## WEEK 1:

Monday	Tuesday	Wednesday (Optional)	Thursday	Friday	Saturday
 <p><b>TLC 1</b></p>	 <p><b>Your Best Body 1</b></p>	 <p><b>Kickboxing 1</b></p>	 <p><b>Muscle Definition 1</b></p>	 <p><b>Step Boxing 1</b></p>	 <p><b>Weights 1</b></p>

## WEEK 2:

Monday	Tuesday	Wednesday (Optional)	Thursday	Friday	Saturday
 <p><b>Cardio Blast 2</b></p>	 <p><b>Your Best Body 2</b></p>	 <p><b>TLC 2</b></p>	 <p><b>Split Sessions 1</b></p>	 <p><b>Step Boxing 2</b></p>	 <p><b>Weights 2</b></p>

## WEEK 3:

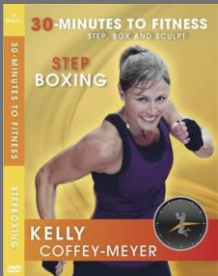
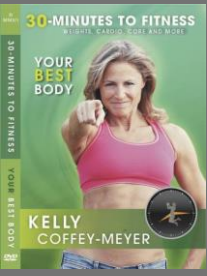

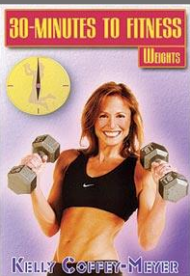
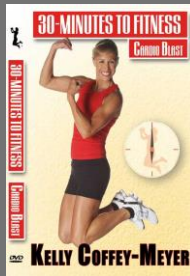
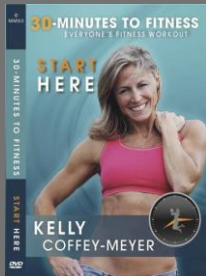
Monday	Tuesday	Wednesday (Optional)	Thursday	Friday	Saturday
 <p><b>Bootcamp 1</b></p>	 <p><b>Kickboxing 2</b></p>	 <p><b>LIFT 1</b></p>	 <p><b>TLC 1</b></p>	 <p><b>LIFT 2</b></p>	 <p><b>Circuit Burn 1</b></p>

# Kelly Coffey-Meyer's 2012 New Year Rotation

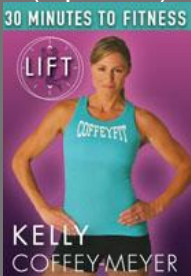
## WEEK 4:

Monday	Tuesday	Wednesday (Optional)	Thursday	Friday	Saturday
 <p><b>30-MINUTES TO FITNESS</b> BOOTCAMP</p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> STEP, BOX AND SCULPT</p> <p><b>STEP BOXING</b></p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> LIFT, CARDIO, TONE AND MORE</p> <p><b>YOUR BEST BODY</b></p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> CARDIO BLAST</p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> MUSCLE DEFINITION</p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30 MINUTES TO FITNESS</b> CIRCUIT BURN</p> <p><b>KELLY COFFEY-MEYER</b></p>
<i>Bootcamp 2</i>	<i>Step Boxing 1</i>	<i>Your Best Body 2</i>	<i>Cardio Blast 1</i>	<i>Muscle Definition 2</i>	<i>Circuit Burn 2</i>

## WEEK 5:

Monday	Tuesday	Wednesday (Optional)	Thursday	Friday	Saturday
 <p><b>30-MINUTES TO FITNESS</b> STEP, BOX AND SCULPT</p> <p><b>STEP BOXING</b></p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> LIFT, CARDIO, TONE AND MORE</p> <p><b>YOUR BEST BODY</b></p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> BOOTCAMP</p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> WEIGHTS</p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> CARDIO BLAST</p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> BEGINNER'S FITNESS WORKOUT</p> <p><b>START HERE</b></p> <p><b>KELLY COFFEY-MEYER</b></p>
<i>Step Boxing</i> <i>Premix with extra KB drills</i>	<i>Your Best Body</i> <i>Premix with cardio rests</i>	<i>Bootcamp</i> <i>Premix cardio only</i>	<i>Weights 2</i> <i>With cardio rests</i>	<i>Cardio Blast</i> <i>Premix 2</i>	<i>Start Here 1</i>

## WEEK 6:

Monday	Tuesday	Wednesday (Optional)	Thursday	Friday	Saturday
 <p><b>30-MINUTES TO FITNESS</b> WEIGHTS</p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> BODY TRAINING</p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30 MINUTES TO FITNESS</b> LIFT</p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> BODY TRAINING</p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30-MINUTES TO FITNESS</b> LIFT, CARDIO, TONE AND MORE</p> <p><b>YOUR BEST BODY</b></p> <p><b>KELLY COFFEY-MEYER</b></p>	 <p><b>30 MINUTES TO FITNESS</b> CIRCUIT BURN</p> <p><b>KELLY COFFEY-MEYER</b></p>
<i>Weights 1</i>	<i>Body Training 2</i>	<i>LIFT 1</i>	<i>Body Training 1</i>	<i>Your Best Body 2</i> <i>Premix with no legs</i>	<i>Circuit Burn</i> <i>Premix of cardio/boxing/legs</i>