
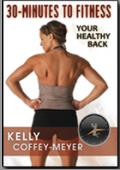









CoffeyFit DVD and RAW Beginner Rotation 2020






Week 1:

Sunday	Wednesday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST	 30 - Minutes to Fitness CoffeyFit RAW	 30-MINUTES TO FITNESS YOUR HEALTHY BACK KELLY COFFEY-MEYER	 30-MINUTES TO FITNESS START HERE KELLY COFFEY-MEYER	REST	 30-MINUTES TO FITNESS START HERE KELLY COFFEY-MEYER	REST
	RAW Fit Test	Your Healthy Back	Start Here Workout 1		Start Here Workout 2	


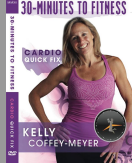



Week 2:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 30 - Minutes to Fitness CoffeyFit RAW	 30-MINUTES TO FITNESS SCULPTING RX KELLY COFFEY-MEYER	 30 - Minutes to Fitness CoffeyFit RAW	 30 - Minutes to Fitness CoffeyFit RAW	REST	 30 - Minutes to Fitness CoffeyFit RAW	 30 - Minutes to Fitness CoffeyFit RAW
RAW Foam Rolling	Sculpting Rx Workout 2	RAW Floorwork	RAW Box and Tone		RAW Compound Moves Utilize Light DBs	RAW Hi/Lo Cardio 45






Week 3:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST or RAW STRENGTH STRETCH	 30-MINUTES TO FITNESS START HERE KELLY COFFEY-MEYER	 30 - Minutes to Fitness CoffeyFit RAW	 30-MINUTES TO FITNESS START HERE KELLY COFFEY-MEYER	REST	 30 - Minutes to Fitness CoffeyFit RAW	 30 - Minutes to Fitness CoffeyFit RAW
	Start Here Workout 1	RAW Box and Sculpting	Start Here Workout 2		RAW Stretch and Tone	RAW Hip Hop Sculpting

Week 4:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST or BOOTCAMP STRETCH	 30-MINUTES TO FITNESS LIFT KELLY COFFEY-MEYER	 30-MINUTES TO FITNESS CARDIO QUICK FIX KELLY COFFEY-MEYER	 30 - Minutes to Fitness CoffeyFit RAW	REST	 30 - Minutes to Fitness CoffeyFit RAW	 30 - Minutes to Fitness CoffeyFit RAW
	LIFT Workout 2	Cardio Quick Fix Workout 1	RAW Floorwork Workout 2		RAW Box and Tone	RAW Hi/Lo Cardio 45

Week 5:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST or STRETCH OF YOUR CHOICE	 30-MINUTES TO FITNESS START HERE KELLY COFFEY-MEYER	 30 - Minutes to Fitness CoffeyFit RAW	 30 - Minutes to Fitness CoffeyFit RAW	REST	 30 - Minutes to Fitness CoffeyFit RAW	 30-MINUTES TO FITNESS BUILD & BURN KELLY COFFEY-MEYER
	Start Here Workout 1	RAW Compound Moves Utilize Light DBs	RAW Hips and Glutes		RAW Hi/Lo Cardio 45	Build and Burn Trim and Tone Intervals

Though you should always challenge yourself, beginner weights are 5lbs for light dumbbells and 7 or 8lbs for heavy dumbbells. Do not expect to complete all exercises or all workouts. Aim to workout 5 days per week for 2-3 months before moving on