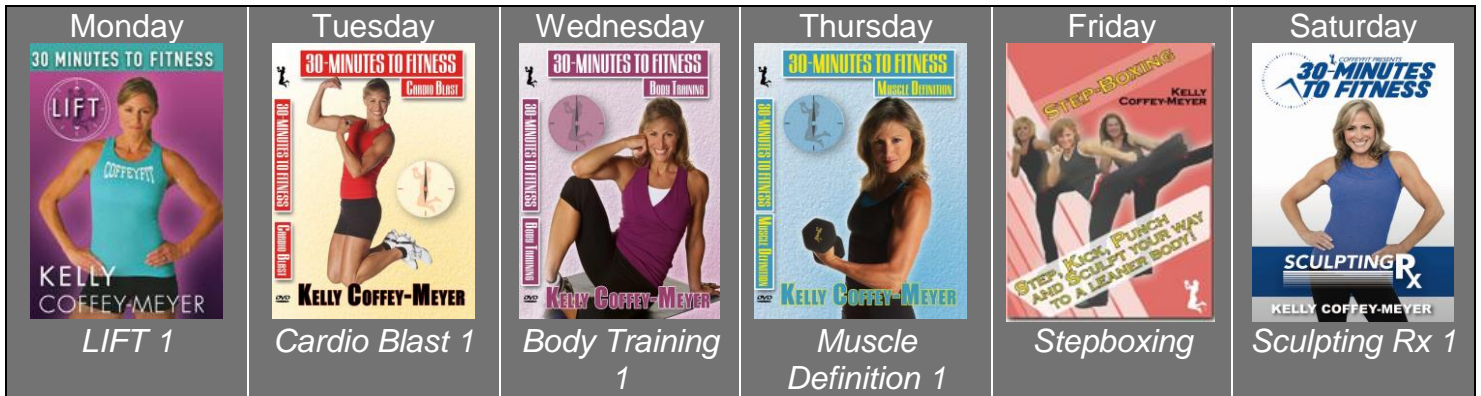


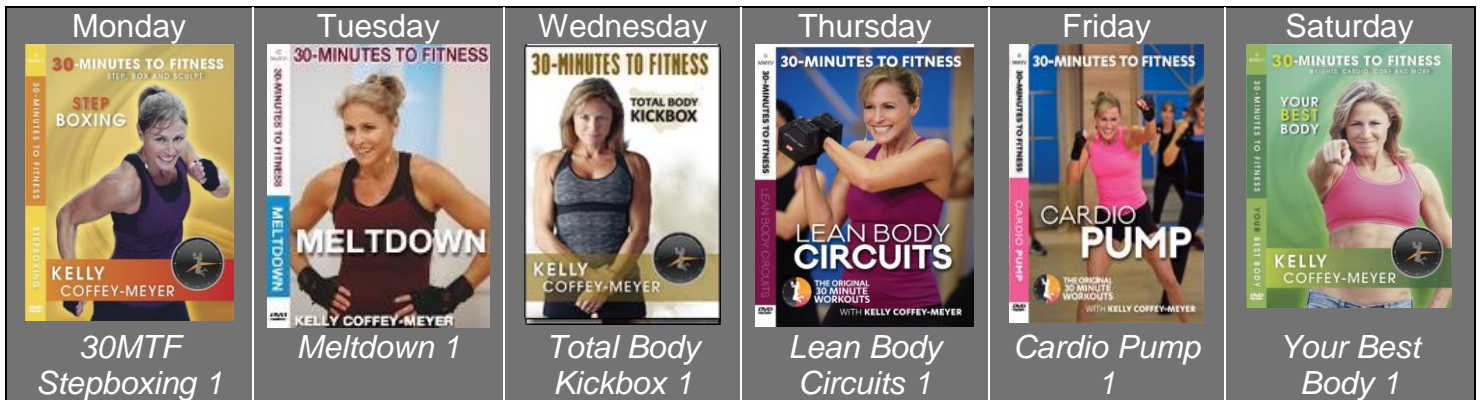
Kelly Coffey-Meyer's 2018-2019 8-week DVD Rotations

Rotation #1:

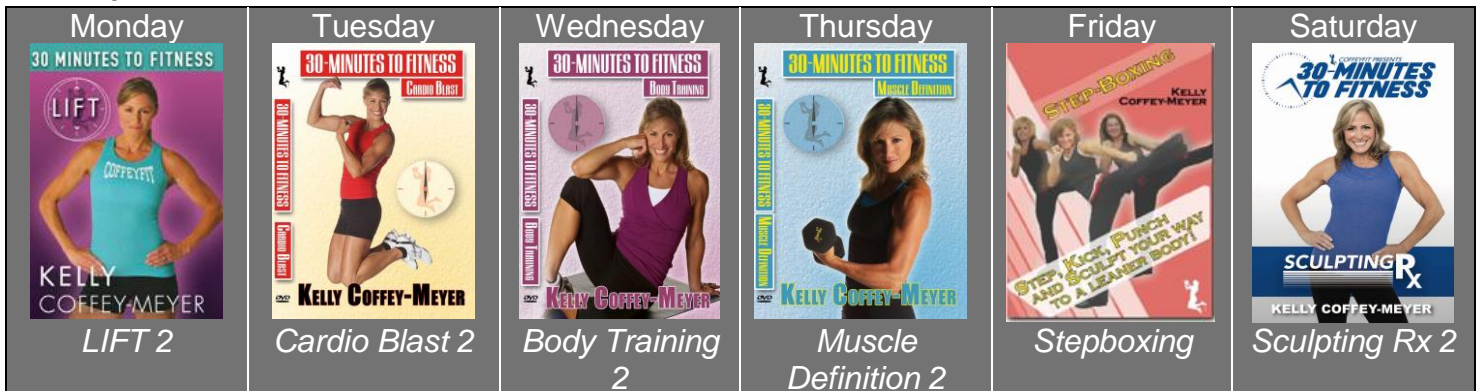
WEEK 1:



WEEK 2:



WEEK 3:



WEEK 4:

<p>Monday</p> <p>30MTF Stepboxing 2</p>	<p>Tuesday</p> <p>Meltdown 2</p>	<p>Wednesday</p> <p>Total Body Kickbox 2</p>	<p>Thursday</p> <p>Lean Body Circuits 2</p>	<p>Friday</p> <p>Cardio Pump 2</p>	<p>Saturday</p> <p>Your Best Body 2</p>
---	----------------------------------	--	---	------------------------------------	---

Rotation #2:

WEEK 1:

<p>Monday</p> <p>Stepboxing2 1</p>	<p>Tuesday</p> <p>Shape Up 1</p>	<p>Wednesday</p> <p>Your Healthy Back</p>	<p>Thursday</p> <p>Slim Sculpting 1</p>	<p>Friday</p> <p>Bootcamp 1</p>	<p>Saturday</p> <p>Kickboxing 1</p>
--	----------------------------------	---	---	---------------------------------	-------------------------------------

WEEK 2:

<p>Monday</p> <p>Muscle Up 1</p>	<p>Tuesday</p> <p>Amped Up Cardio 1</p>	<p>Wednesday</p> <p>Strength & Stamina 1</p>	<p>Thursday</p> <p>Cardio Quick Fix 1</p>	<p>Friday</p> <p>Plateau Buster 1</p>	<p>Saturday</p> <p>Ready, Step, Go</p>
----------------------------------	---	--	---	---------------------------------------	--

WEEK 3:

<p>Monday</p> <p>Stepboxing2 2</p>	<p>Tuesday</p> <p>Shape Up 2</p>	<p>Wednesday</p> <p>Your Healthy Back</p>	<p>Thursday</p> <p>Slim Sculpting 2</p>	<p>Friday</p> <p>Bootcamp 2</p>	<p>Saturday</p> <p>Kickboxing 2</p>
--	----------------------------------	---	---	---------------------------------	-------------------------------------

WEEK 4:

<p>Monday</p> <p><i>Muscle Up 2</i></p>	<p>Tuesday</p> <p><i>Amped Up Cardio 2</i></p>	<p>Wednesday</p> <p><i>Strength & Stamina 2</i></p>	<p>Thursday</p> <p><i>Cardio Quick Fix 2</i></p>	<p>Friday</p> <p><i>Plateau Buster 2</i></p>	<p>Saturday</p> <p><i>Ready, Step, Go</i></p>
---	--	---	--	--	---

Rotation #3:

WEEK 1:

<p>Monday</p> <p><i>TLC 1</i></p>	<p>Tuesday</p> <p><i>Circuit Burn 1</i></p>	<p>Wednesday</p> <p><i>AC Vol 1 1</i></p>	<p>Thursday</p> <p><i>Cardio/Sculpt Fitness</i></p>	<p>Friday</p> <p><i>AC Vol 2 1</i></p>	<p>Saturday</p> <p><i>Cardio Kick Stepboxing</i></p>
-----------------------------------	---	---	---	--	--



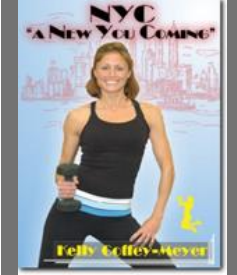
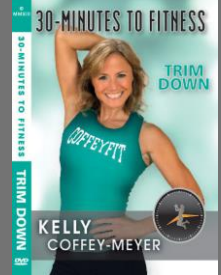
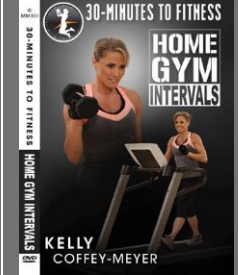
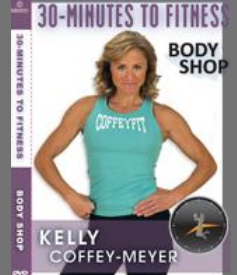
WEEK 2:

<p>Monday</p> <p><i>B&B Cardio Core</i></p>	<p>Tuesday</p> <p><i>B&B Upper Body Sculpt</i></p>	<p>Wednesday</p> <p><i>B&B Lower Body Tabata</i></p>	<p>Thursday</p> <p><i>B&B Kettlebell Kickbox Fusion</i></p>	<p>Friday</p> <p><i>B&B Trim & Tone Intervals</i></p>	<p>Saturday</p> <p><i>Trim Down 1</i></p>
---	--	--	---	---	---

WEEK 3:

<p>Monday</p> <p><i>TLC 2</i></p>	<p>Tuesday</p> <p><i>Circuit Burn 2</i></p>	<p>Wednesday</p> <p><i>AC Vol 1 2</i></p>	<p>Thursday</p> <p><i>Stepboxing</i></p>	<p>Friday</p> <p><i>AC Vol 2 2</i></p>	<p>Saturday</p> <p><i>Home Gym Intervals 1</i></p>
-----------------------------------	---	---	--	--	--

WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Complete Cardio Sculpting The Secrets of Thighs & Core with Kelly Coffey-Meyer Workout Your Body!</p>	 <p>Get Ready, Step, Go! A Step Aerobic Workout with Kelly Coffey-Meyer Your Cheapest and Easiest Way to Lose Weight</p>	 <p>NYC A New You Coming Kelly Coffey-Meyer</p>	 <p>30-MINUTES TO FITNESS TRIM DOWN TRIM DOWN KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS HOME GYM INTERVALS HOME GYM INTERVALS KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS BODY SHOP BODY SHOP KELLY COFFEY-MEYER</p>
<p>Complete Cardio Sculpting</p>	<p>Ready, Step, Go</p>	<p>NYC</p>	<p>Trim Down 2</p>	<p>Home Gym Intervals 2</p>	<p>Body Shop 1</p>