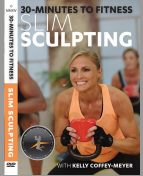









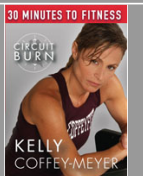
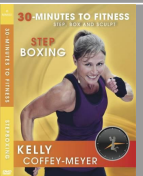

CoffeyFit DVD and RAW One Month Ripped Rotation

(3 days on and 1 day off)



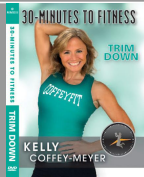
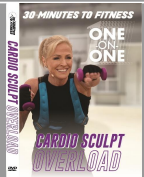

Week 1:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			REST			
<u>Slim Sculpting Workout 1</u>	<u>RAW Boxing & Drills</u>	<u>RAW Cardio Crush</u>		<u>RAW Upper Sculpt/ Lower Tone</u>	<u>Amped Up Cardio Live</u>	<u>RAW Intervals 5</u>




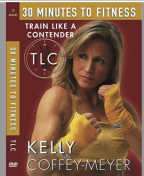
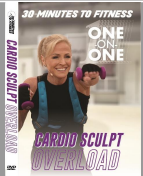
Week 2:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST				REST		
	<u>RAW Tubing Works</u>	<u>RAW Just Step 4</u>	<u>Circuit Burn</u>		<u>Stepboxing</u>	<u>RAW Kickboxing & Olympic Lifts</u>

Week 3:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	REST				REST	
<u>RAW Bands & Barre</u>		<u>RAW Step & Legs</u>	<u>Trim Down</u>	<u>Cardio Sculpt Overload</u>		<u>RAW Just Step</u>

Week 4:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		REST				REST
<u>RAW Box & Pump</u>	<u>RAW Step Drills & Compound Moves</u>		<u>RAW Kettlebells</u>	<u>TLC</u>	<u>Cardio Sculpt Overload</u>	

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