

CoffeyFit "RAW" Strength Training Rotation

<p>30 - Minutes to Fitness</p>  <p><i>Tabata Barbell Dbs</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Core Moves</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Weights Circuit #1</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Hips & Glutes</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>All Back & All Front</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Stretch</i></p>
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<p>30 - Minutes to Fitness</p>  <p><i>Strong & Lean</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Perfect 10</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Large Muscle Finisher</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Floor Work</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Tabata Weight Circuits</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Just Step</i></p>
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