



# CoffeyFit "RAW" Summer Workout Rotation

## WEEK 1:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 
<i>Kettlebell Kickbox</i>	<i>Upper Body Blast</i>	<i>Just Step</i>	<i>Weights Circuit #1</i>	<i>Perfect 10 or 888</i>	<i>Strong &amp; Lean</i>

## WEEK 2:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 
<i>Kickbox Contouring</i>	<i>Cardio Crush</i>	<i>Home Gym Intervals 1 or 2</i>	<i>Tabata Barbell/DBs</i>	<i>Floor Work or Bands &amp; Barre</i>	<i>Kettlebell &amp; DBs</i>

## WEEK 3:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 	30 - Minutes to Fitness 
<i>Boxing &amp; Sculpting</i>	<i>Kickbox &amp; Olympic Lifts</i>	<i>Intervals #1</i>	<i>Kettlebell &amp; DBs</i>	<i>Build &amp; Burn No Strength Premix</i>	<i>Athletic Cardio Drills &amp; Barbells</i>

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## WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>	 <p>30 - Minutes to Fitness</p>
<p>Strength &amp; Stamina Upper Body Time Crunch Premix</p>	<p>Strength &amp; Stamina Lower Body Time Crunch Premix</p>	<p>Lean Body Circuits Hi-Lo Premix</p>	<p>Muscle Up Chest &amp; Back Premix</p>	<p>Muscle Up Legs &amp; Glutes Premix</p>	<p>Intervals #2</p>