







CoffeyFit Weight Loss Rotation Month 1 - RAW

ACTIVE REST = Walking, Biking, Swimming, Sports 20 – 30 minutes

WEEK 1:

Sunday	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 	
<i>Ripped and Ride Jan 2019</i>	<i>Active Rest & 6/60 Core</i>	<i>Home Gym Intervals #1</i>	<i>Active Rest & Stretch</i>	<i>Rest</i>	<i>Intervals #3</i>	<i>Active Rest</i>

WEEK 2:

Sunday	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>Just Step</i>	<i>Overload Body Sculpt</i>	<i>Active Rest & Foam Rolling</i>	<i>Rest</i>	<i>Boxing and Tubing</i>	<i>Cardio Crush</i>	<i>Active Rest & 6/60 Core</i>

WEEK 3:

Sunday	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>Cardio Weight Tabata Intervals</i>	<i>Real RAW #2 HIIT</i>	<i>Rest</i>	<i>Kickbox Contouring</i>	<i>Cardio Finisher</i>	<i>Active Rest & Stretch</i>	<i>Intervals #2</i>

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WEEK 4:

Sunday	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>Cardio Overload V1</p>	<p>Rest</p>	<p>Cardio Pump Intervals Premix</p>	<p>Step #2 &</p>	<p>Ripped and Ride March 2019</p>	<p>Hi/Lo Cardio- 45 &</p>	<p>Athletic Cardio Drills & Barbells</p>
			<p>30 - Minutes to Fitness</p>  <p>6/60 Core</p>		<p>30 - Minutes to Fitness</p>  <p>Stretch</p>	