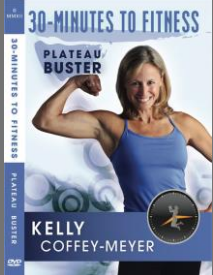
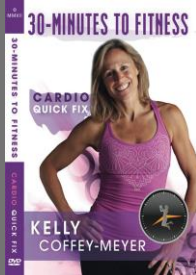
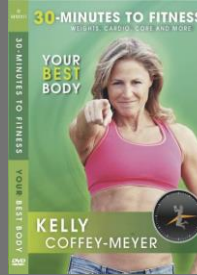
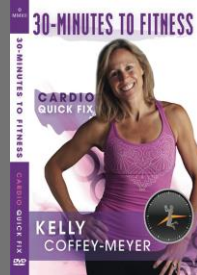
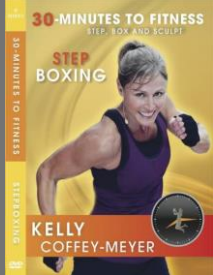


Kelly Coffey-Meyer's 2012 / 4-Week Rotation

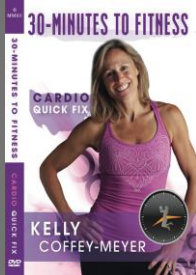
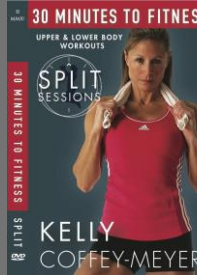
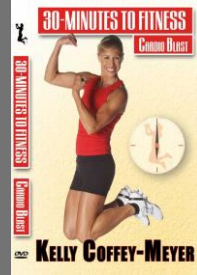
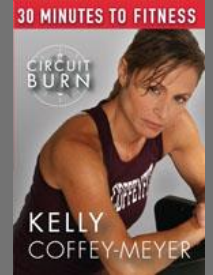
WEEK 1:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Plateau 1</p>	 <p>Cardio Quick 1 And Bonus</p>	 <p>Your Best Body 2</p>	 <p>Cardio Quick 2</p>	<p>OFF</p>	 <p>Step Boxing</p>	<p>OFF</p>

WEEK 2:

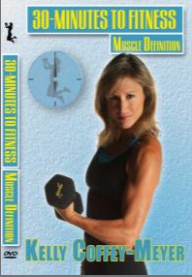
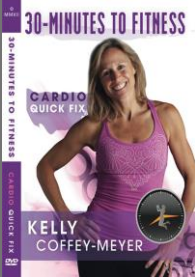
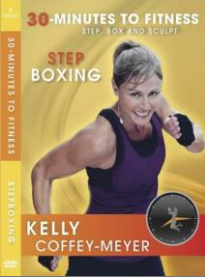
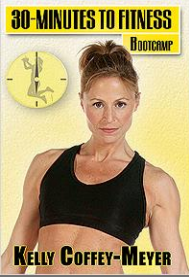
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Plateau 2</p>	 <p>Kickboxing 1 or 2</p>	 <p>Weights 1</p>	<p>OFF</p>	 <p>Cardio Blast 2</p>	<p>OFF</p>	<p>OFF</p>

WEEK 3:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Your Best Body 1</p>	 <p>Cardio Quick 2 And Bonus</p>	 <p>Split Sessions 1</p>	 <p>Cardio Blast Premix 2</p>	<p>OFF</p>	 <p>Circuit Burn Premix Choice</p>	<p>OFF</p>

Kelly Coffey-Meyer's 2012 / 4-Week Rotation

WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>30-MINUTES TO FITNESS Muscle Definition KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS CARDIO QUICK FIX KELLY COFFEY-MEYER</p>	 <p>30 MINUTES TO FITNESS LIFT KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS STEP BOXING KELLY COFFEY-MEYER</p>	OFF	 <p>30-MINUTES TO FITNESS BOOTCAMP KELLY COFFEY-MEYER</p>	OFF
<i>Muscle Definition 2</i>	<i>Cardio Quick Premix (2nd half of 1 and all of 2)</i>	<i>LIFT 2</i>	<i>Step Boxing Premix with added boxing drills</i>		<i>Bootcamp 1 and 2</i>	