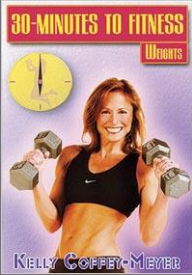
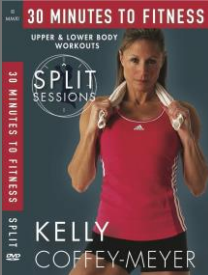

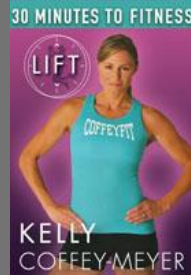
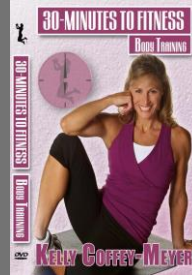
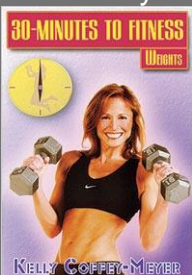



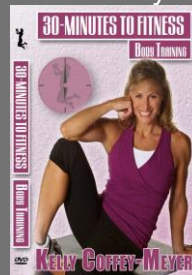


Kelly Coffey-Meyer's Summer 2014 Strength Rotation

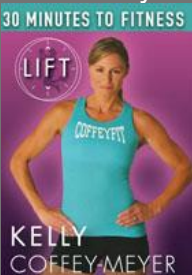
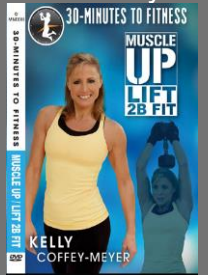
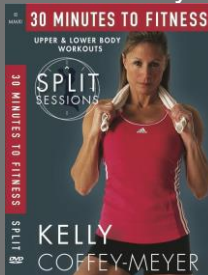
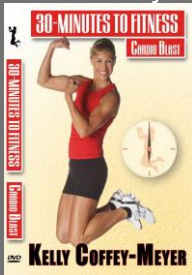
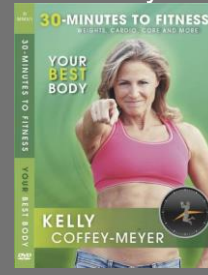
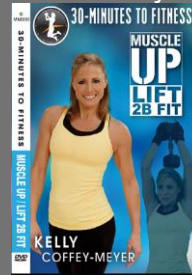
WEEK 1:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		OFF				OFF
<i>Weights 2</i>	<i>Split Sessions 2</i>		<i>Muscle Definition 1</i>	<i>LIFT 1</i>	<i>Body Training 2</i>	

WEEK 2:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		OFF				OFF
<i>Weights 1</i>	<i>Muscle Up 2</i>		<i>Muscle Definition 2</i>	<i>LIFT 1</i>	<i>Body Training 1</i>	

WEEK 3:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						OFF
<i>LIFT 1</i>	<i>Muscle Up 1</i>	<i>Split Sessions 2</i>	<i>Cardio Blast 2</i>	<i>Your Best Body 2</i>	<i>Muscle Up 2</i>	

Kelly Coffey-Meyer's Summer 2014 Strength Rotation

WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					 	OFF
<i>LIFT 1</i>	<i>Your Best Body 1</i>	<i>Body Training 1</i>	<i>Split Sessions 1</i>	<i>Cardio Quick Fix 2</i>	<i>Body Training 2 & Quick Fix from LIFT</i>	

Go to top and repeat for another month if desired.