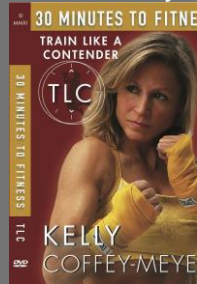
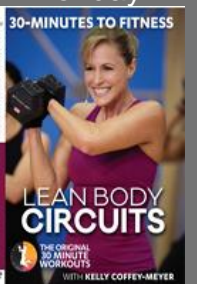
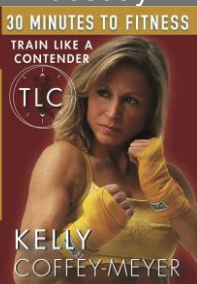
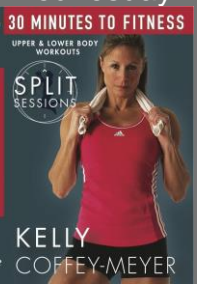

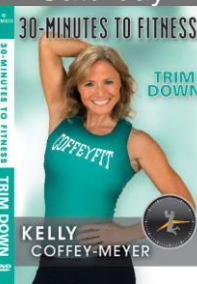


Kelly Coffey-Meyer's 2015 Summer Rotation

WEEK 1:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>30-MINUTES TO FITNESS LEAN BODY CIRCUITS THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	 <p>30 MINUTES TO FITNESS TRAIN LIKE A CONTENDER TLC KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS MUSCLE UP LIFT 23 FIT KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS CARDIO PUMP THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	 <p>30 MINUTES TO FITNESS SPLIT SESSIONS UPPER & LOWER BODY WORKOUTS KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS SLIM SCULPTING WITH KELLY COFFEY-MEYER</p>
Lean Body Circuits 1	TLC 1	Muscle Up 1 plus abs	Cardio Pump 1	Split Sessions 2	Slim Sculpting 1 plus abs

WEEK 2:

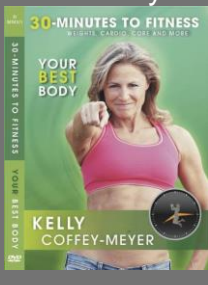

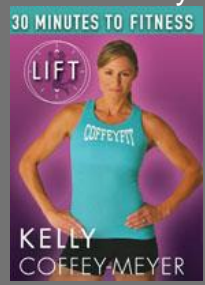


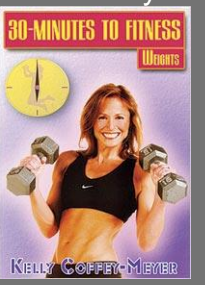
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>30-MINUTES TO FITNESS LEAN BODY CIRCUITS THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	 <p>30 MINUTES TO FITNESS TRAIN LIKE A CONTENDER TLC KELLY COFFEY-MEYER</p>	 <p>30 MINUTES TO FITNESS SPLIT SESSIONS UPPER & LOWER BODY WORKOUTS KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS TOTAL BODY KICKBOX KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS Body Training Drew Tompkins KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS TRIM DOWN KELLY COFFEY-MEYER</p>
Lean Body Circuits 2	TLC 2	Split Sessions 1 plus abs	Total Body KB 1	Body Training 1 plus abs	Trim Down 1

WEEK 3:

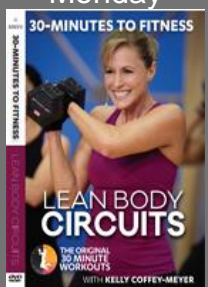
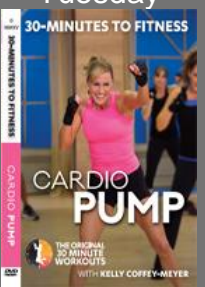

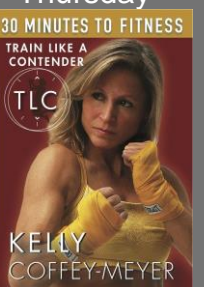


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>30-MINUTES TO FITNESS PLATEAU BUSTER KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS STEP BOXING KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS CARDIO PUMP THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS ATHLETIC CONDITIONING YOUNG ADULT SERIES VOLUME 1 WITH KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS Weights KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS CARDIO QUICK FIX KELLY COFFEY-MEYER</p>
Plateau 1	Step Boxing 1	Cardio Pump 2 plus abs	Athletic Conditioning 1	Weights 2	Cardio Quick Fix 2 plus abs

Kelly Coffey-Meyer's 2015 Summer Rotation

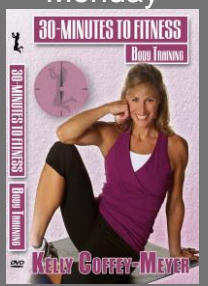
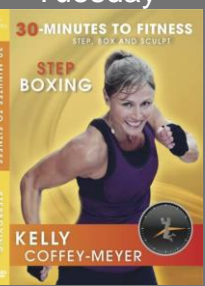
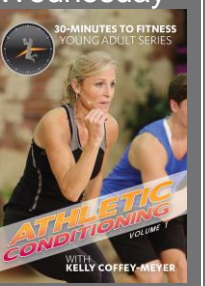

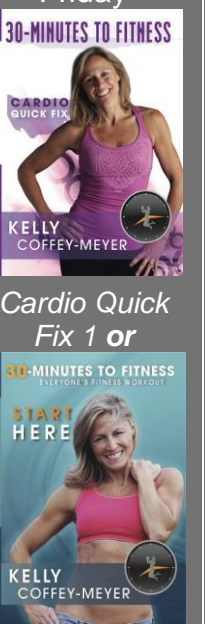

WEEK 4:

<p>Monday</p>  <p>30-MINUTES TO FITNESS YOUR BEST BODY KELLY COFFEY-MEYER</p> <p><i>Your Best Body 1</i></p>	<p>Tuesday</p>  <p>30-MINUTES TO FITNESS KICKBOXING KELLY COFFEY-MEYER</p> <p><i>Kick Boxing 1</i></p>	<p>Wednesday</p>  <p>30 MINUTES TO FITNESS LIFT KELLY COFFEY-MEYER</p> <p><i>LIFT 2</i></p>	<p>Thursday</p>  <p>30-MINUTES TO FITNESS SHAPE UP KELLY COFFEY-MEYER</p> <p><i>Shape Up cardio only pre-mix</i></p>	<p>Friday</p>  <p>30-MINUTES TO FITNESS TOTAL BODY KICKBOX KELLY COFFEY-MEYER</p> <p><i>Total Body KB 2</i></p>	<p>Saturday</p>  <p>30-MINUTES TO FITNESS WEIGHTS KELLY COFFEY-MEYER</p> <p><i>Weights 1</i></p>
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WEEK 5:

<p>Monday</p>  <p>30-MINUTES TO FITNESS LEAN BODY CIRCUITS WITH KELLY COFFEY-MEYER</p> <p><i>Lean Body Circuits 1 plus abs</i></p>	<p>Tuesday</p>  <p>30-MINUTES TO FITNESS CARDIO PUMP WITH KELLY COFFEY-MEYER</p> <p><i>Cardio Pump 1</i></p>	<p>Wednesday</p>  <p>30-MINUTES TO FITNESS LEAN BODY CIRCUITS WITH KELLY COFFEY-MEYER</p> <p><i>Lean Body Circuits 2 plus abs</i></p>	<p>Thursday</p>  <p>30-MINUTES TO FITNESS TRAIN LIKE A CONTENDER TLC KELLY COFFEY-MEYER</p> <p><i>TLC 2</i></p>	<p>Friday</p>  <p>30-MINUTES TO FITNESS MUSCLE UP LIFT 2B FIT KELLY COFFEY-MEYER</p> <p><i>Muscle Up 1 plus abs</i></p>	<p>Saturday</p>  <p>30-MINUTES TO FITNESS MUSCLE UP LIFT 2B FIT KELLY COFFEY-MEYER</p> <p><i>Muscle Up 2</i></p>
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WEEK 6:

<p>Monday</p>  <p>30-MINUTES TO FITNESS BODY TRAINING KELLY COFFEY-MEYER</p> <p><i>Body Training 1</i></p>	<p>Tuesday</p>  <p>30-MINUTES TO FITNESS STEP BOXING KELLY COFFEY-MEYER</p> <p><i>Step Boxing weights only pre-mix plus abs</i></p>	<p>Wednesday</p>  <p>30-MINUTES TO FITNESS ATHLETIC CONDITIONING WITH KELLY COFFEY-MEYER</p> <p><i>Athletic Conditioning 2</i></p>	<p>Thursday</p>  <p>30 MINUTES TO FITNESS LIFT KELLY COFFEY-MEYER</p> <p><i>LIFT 1</i></p>	<p>Friday</p>  <p>30-MINUTES TO FITNESS CARDIO QUICK FIX KELLY COFFEY-MEYER</p> <p><i>Cardio Quick Fix 1 or Start Here 1 plus bootcamp bonus stretch</i></p>	<p>Saturday</p>  <p>30-MINUTES TO FITNESS SLIM SCULPTING WITH KELLY COFFEY-MEYER</p> <p><i>Slim Sculpting 2</i></p>
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