
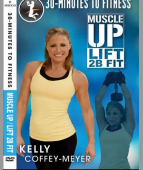

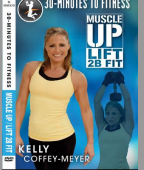






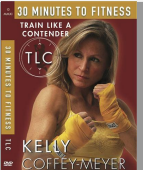



CoffeyFit DVD and RAW Boxing and Strength Fat Loss Rotation

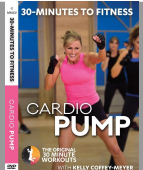

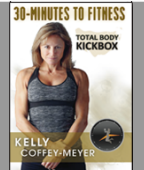


Week 1:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						REST
Meltdown 1	Muscle Up 1	Heavy Bag Workout	Muscle Up 2	Boxing and Drills	Muscle Definition	

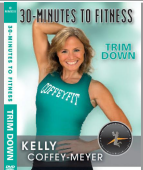
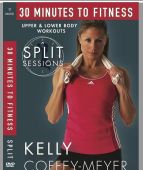

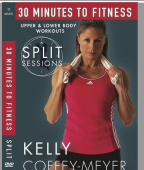


Week 2:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						REST
Kickboxing Contour	Weights 1	Boxing and Sculpting	Weights 2	TLC 1	Weights Circuit 1	

Week 3:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				REST		REST
Cardio Pump 1	Ascending Pyramid Upper Body	Total Body Kickbox 1	Lower Body Pyramid		Metabolic Workout	

Week 4:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						REST
Trim Down 1	Split Sessions 1	Ripped and Ride May 2019	Split Sessions 2	Amped Up Cardio	Real Raw 1	

ADD:

2-3 AB WORKOUTS PER WEEK

2-3 LOWER BODY FLOORWORK PER WEEK

2-3 ACTIVITIES PER WEEK: WALKING, SWIMMING, BIKING, SPORTS FOR 20-30 MINUTES

Go to top and repeat for another month if desired.