


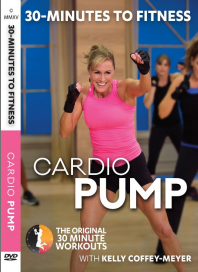



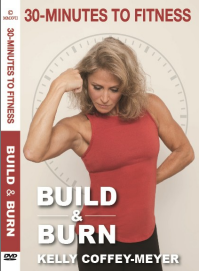

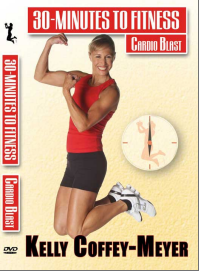


# Kelly Coffey-Meyer's Interval Rotation



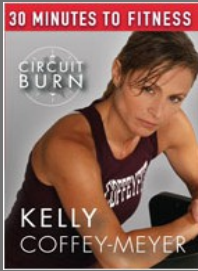


## WEEK 1:

<p>Monday</p>  <p><i>Bootcamp W/O 1 (Add w/o 2 if time allows)</i></p>	<p>Tuesday</p> <p>30 - Minutes to Fitness</p>  <p><i>RAW HIIT Cardio; 6/60 Abs</i></p>	<p>Wednesday</p> <p>30 - Minutes to Fitness</p>  <p><i>RAW Cardio Weights &amp; Tabata Intervals</i></p>	<p>Thursday</p> <p>REST or Strength &amp; Stamina Bonus Step; RAW Core Moves</p>	<p>Friday</p>  <p><i>Cardio Pump Interval Pump</i></p>	<p>Saturday</p>  <p><i>Strong &amp; Lean Kickboxing</i></p>	<p>Sunday</p> <p>REST/Stretch</p> <p>Suggested: Stretch Section from Bootcamp</p>
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## WEEK 2:

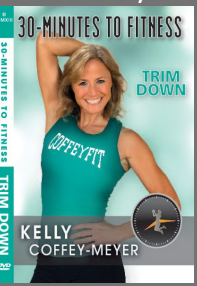
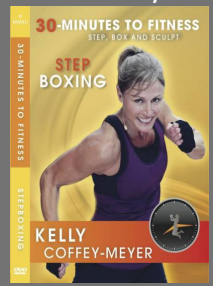
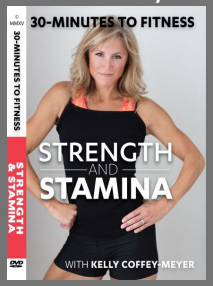
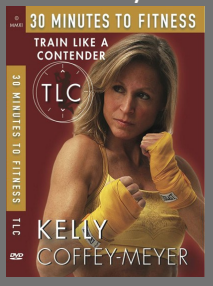

<p>Monday</p>  <p><i>Sculpting Rx W/O 2; 6/60 Abs</i></p>	<p>Tuesday</p> <p>30 - Minutes to Fitness</p>  <p><i>RAW Box, Bell &amp; Bands</i></p>	<p>Wednesday</p>  <p><i>Build &amp; Burn, Trim &amp; Tone; RAW Core Moves</i></p>	<p>Thursday</p> <p>REST or RAW Kettlebell &amp; Kickboxing</p>	<p>Friday</p> <p>30 - Minutes to Fitness</p>  <p><i>RAW April R &amp; R</i></p>	<p>Saturday</p>  <p><i>Cardio Blast Step W/O 1 (Add w/o 2 if time allows)</i></p>	<p>Sunday</p> <p>REST/Stretch</p> <p>Suggested: RAW Foam Rolling</p>
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## WEEK 3:

<p>Monday</p> <p>30 - Minutes to Fitness</p>  <p><i>RAW Intervals #2; Circuit</i></p>	<p>Tuesday</p> <p>30 - Minutes to Fitness</p>  <p><i>RAW Step #3; Core Moves</i></p>	<p>Wednesday</p> <p>REST or Floorwork #1; RAW Cardio Finisher</p>	<p>Thursday</p>  <p><i>Circuit Burn W/O 1 (Add w/o 2 if time allows)</i></p>	<p>Friday</p>  <p><i>Build &amp; Burn Cardio Core; RAW Abs Finisher</i></p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p><i>RAW Dec. R &amp; R</i></p>	<p>Sunday</p> <p>REST/Stretch</p> <p>Suggested: RAW Stretch</p>
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# Kelly Coffey-Meyer's Interval Rotation

## WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>30-MINUTES TO FITNESS TRIM DOWN KELLY COFFEY-MEYER</p>	 <p>30-MINUTES TO FITNESS STEP BOXING KELLY COFFEY-MEYER</p>	<p>REST or Your Favorite Workout</p>	 <p>30-MINUTES TO FITNESS STRENGTH AND STAMINA WITH KELLY COFFEY-MEYER</p>	 <p>30 MINUTES TO FITNESS TRAIN LIKE A CONTENDER TLC KELLY COFFEY-MEYER</p>	 <p>30 - Minutes to Fitness CoffeyFit RAW</p>	<p>REST/ Stretch</p> <p>Suggested: RAW Stretch</p>
<p>Trim Down W/O 1 (Add Shape Up w/o 1 if time allows)</p>	<p>Stepboxing W/O 1 (Add w/o 2 is time allows)</p>		<p>Strength &amp; Stamina W/O 1 (Add w/o 2 if time allows)</p>	<p>TLC W/O 1 (Add w/o 2 if time allows)</p>	<p>RAW Athletic Cardio Drills &amp; Barbells</p>	

## 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.**