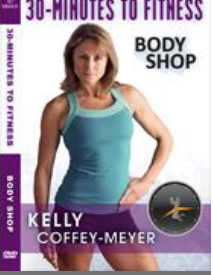

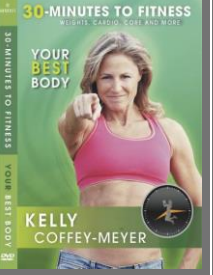
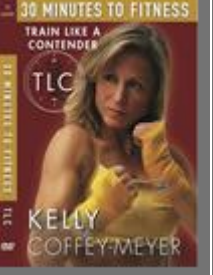
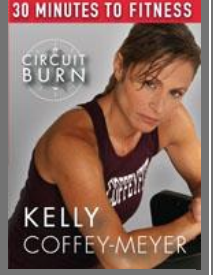
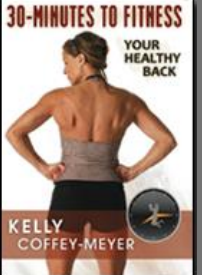

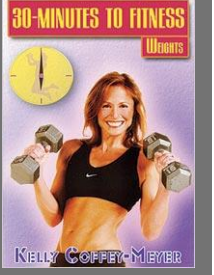
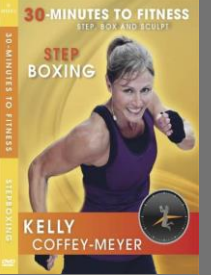
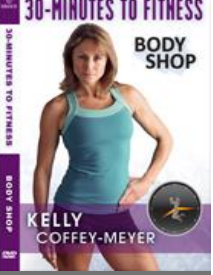
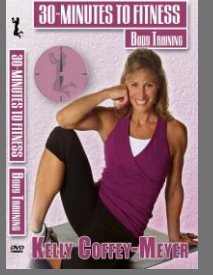

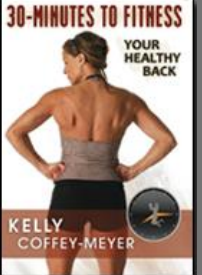


# Kelly Coffey-Meyer's June 2013 Rotation


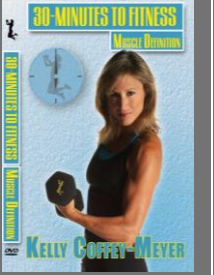
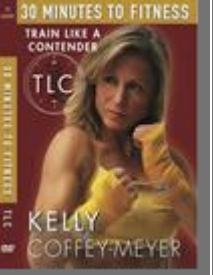
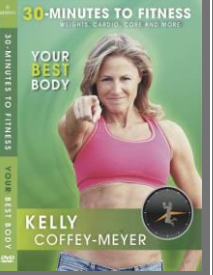

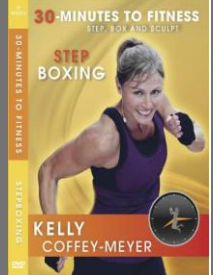
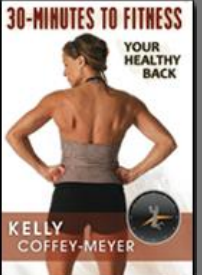
## WEEK 1:

<p><b>Monday</b></p>  <p><b>Body Shop 1</b></p>	<p><b>Tuesday</b></p>  <p><b>Total Body Kickbox 1</b></p>	<p><b>Wednesday</b></p>  <p><b>Your Best Body 1</b></p>	<p><b>Thursday</b></p>  <p><b>TLC 1</b></p>	<p><b>Friday</b></p> <p>OFF</p>	<p><b>Saturday</b></p>  <p><b>Circuit Burn 1</b></p>	<p><b>Sunday</b></p>  <p>OFF (optional YHB)</p>
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## WEEK 2:

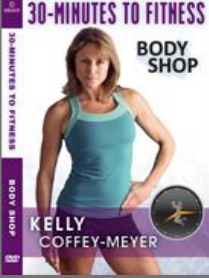
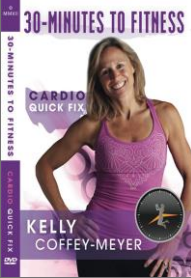
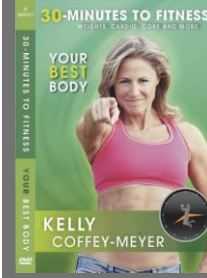
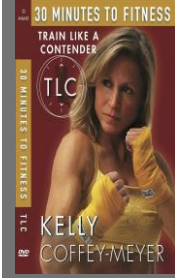

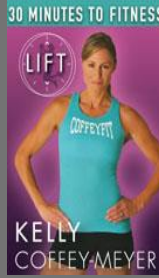
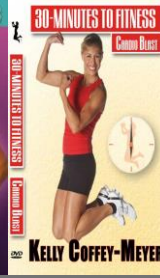
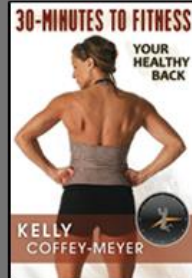
<p><b>Monday</b></p>  <p><b>Total Body Kickbox 2</b></p>	<p><b>Tuesday</b></p>  <p><b>Weights 1</b></p>	<p><b>Wednesday</b></p>  <p><b>Stepboxing 1</b></p>	<p><b>Thursday</b></p>  <p><b>Body Shop 2</b></p>	<p><b>Friday</b></p>  <p><b>Body Training 1</b></p>	<p><b>Saturday</b></p>  <p><b>Circuit Burn 2</b></p>	<p><b>Sunday</b></p>  <p>OFF (optional YHB)</p>
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## WEEK 3:

<p><b>Monday</b></p>  <p><b>Total Body Kickbox 1</b></p>	<p><b>Tuesday</b></p>  <p><b>Muscle Def 1</b></p>	<p><b>Wednesday</b></p>  <p><b>TLC 2</b></p>	<p><b>Thursday</b></p>  <p><b>Your Best Body 2</b></p>	<p><b>Friday</b></p>  <p><b>Kickboxing 1</b></p>	<p><b>Saturday</b></p>  <p><b>Stepboxing Premix with Plyos</b></p>	<p><b>Sunday</b></p>  <p>OFF (optional YHB)</p>
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# Kelly Coffey-Meyer's June 2013 Rotation

## WEEK 4:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 	 	
<i>Body Shop 1&amp;2 combined</i>	<i>Cardio Quick Fix combined Premix</i>	<i>Your Best Body combined Premix</i>	<i>TLC 1 and Total Body Kickbox 1</i>	<i>LIFT 2 and Cardio Blast 2</i>	<i>Your Healthy Back</i>

**\*For the next 4 weeks do the rotation as is using the other workout on the DVDs listed.  
When it's a double workout do it as stated above.**