









Kelly Coffey-Meyer's 2020 RAW Calorie Crush Rotation







WEEK 1:

<p>Monday</p> <p>30 - Minutes to Fitness</p>  <p><i>Cardio/Sculpt Overload</i></p>	<p>Tuesday</p> <p>30 - Minutes to Fitness</p>  <p><i>Box & K-Bell 2</i></p>	<p>Wednesday</p> <p>30 - Minutes to Fitness</p>  <p><i>HIIT; 6/60</i></p>	<p>Thursday</p> <p>30 - Minutes to Fitness</p>  <p><i>Kickbox Contouring</i></p>	<p>Friday</p> <p>REST or RAW Foam Rolling</p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p><i>Intervals #4</i></p>	<p>Sunday</p> <p>30 - Minutes to Fitness</p>  <p><i>Heavy Bag Boxing</i></p>
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WEEK 2:

<p>Monday</p> <p>30 - Minutes to Fitness</p>  <p><i>Kickboxing & Olympic Lifts</i></p>	<p>Tuesday</p> <p>30 - Minutes to Fitness</p>  <p><i>Cardio Overload v.2</i></p>	<p>Wednesday</p> <p>30 - Minutes to Fitness</p>  <p><i>Floorwork and Cardio Finisher</i></p>	<p>Thursday</p> <p>30 - Minutes to Fitness</p>  <p><i>Cardio Weight Tabata</i></p>	<p>Friday</p> <p>REST or RAW Stretch</p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p><i>R & R Jan 2020</i></p>	<p>Sunday</p> <p>30 - Minutes to Fitness</p>  <p><i>Cardio Overload v.1</i></p>
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WEEK 3:

<p>Monday</p> <p>30 - Minutes to Fitness</p>  <p><i>Cardio Pump Interval Pump</i></p>	<p>Tuesday</p> <p>30 - Minutes to Fitness</p>  <p><i>Step #3 or Run with Me</i></p>	<p>Wednesday</p> <p>30 - Minutes to Fitness</p>  <p><i>Floorwork #2</i></p>	<p>Thursday</p> <p>30 - Minutes to Fitness</p>  <p><i>Strong & Lean</i></p>	<p>Friday</p> <p>REST or Bootcamp Stretch</p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p><i>R & R Dec. 2019</i></p>	<p>Sunday</p> <p>30 - Minutes to Fitness</p>  <p><i>Hi-Low Cardio 45</i></p>
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WEEK 4:

<p>Monday</p> <p>30 - Minutes to Fitness</p>  <p><i>Box & Pump 2</i></p>	<p>Tuesday</p> <p>30 - Minutes to Fitness</p>  <p><i>Box & Pump 3</i></p>	<p>Wednesday</p> <p>30 - Minutes to Fitness</p>  <p><i>Kettlebells</i></p>	<p>Thursday</p> <p>30 - Minutes to Fitness</p>  <p><i>Boxing & Tubing</i></p>	<p>Friday</p> <p>REST or Foam Rolling</p>	<p>Saturday</p> <p>30 - Minutes to Fitness</p>  <p><i>R & R April 2019</i></p>	<p>Sunday</p> <p>30 - Minutes to Fitness</p>  <p><i>Home Gym Intervals #2; Core Moves</i></p>
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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.