


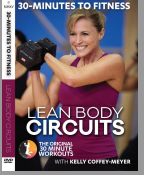



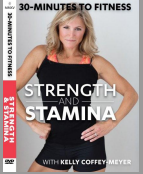


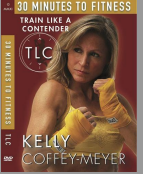



# CoffeyFit DVD and RAW Boxing Weight Loss Rotation

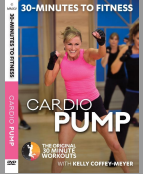



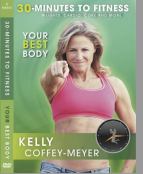
## Week 1:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						REST
<u>Meltdown 1</u>	<u>Ripped and Ride April 2019</u>	<u>Heavy Bag Workout</u>	<u>Lean Body Circuit</u>	<u>Boxing and Drills</u>	<u>Body Shop 1</u>	

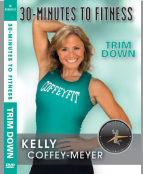





## Week 2:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						REST
<u>Kickboxing Contour</u>	<u>Strength and Stamina 1</u>	<u>Boxing and Sculpting</u>	<u>Sculpting Rx 2</u>	<u>TLC 1</u>	<u>Weights Circuit 1</u>	

## Week 3:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				REST		REST
<u>Cardio Pump 1</u>	<u>Compound Weights</u>	<u>Total Body Kickbox 1</u>	<u>Kickboxing and Olympic Weights</u>		<u>Your Best Body</u>	

## Week 4:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						REST
<u>Trim Down 1</u>	<u>Strong and Lean</u>	<u>Ripped and Ride May 2019</u>	<u>Circuit Burn Premix</u>	<u>Amped Up Cardio</u>	<u>Hip Hop Sculpting</u>	

## 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.