













CoffeyFit 2021 RAW 6 Week Rotation






Week 1:

Sunday	Wednesday	Tuesday	Wednesday	Thursday	Friday	Saturday
 30 - Minutes to Fitness Cardio/Weight Intervals	 30 - Minutes to Fitness Cardio Overload	 30 - Minutes to Fitness Upper Body Burnout	 30 - Minutes to Fitness Cardio Crush	 30 - Minutes to Fitness Lower Body Burnout	 30 - Minutes to Fitness Real Raw 2 or Hi/Lo Cardio with Tatum	REST






Week 2:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 30 - Minutes to Fitness Strong and Lean	 30 - Minutes to Fitness Run With Me	 30 - Minutes to Fitness Upper Body Burnout	 30 - Minutes to Fitness Home Gym Intervals 2	 30 - Minutes to Fitness Lower Body Burnout	 30 - Minutes to Fitness Kettlebells	REST






Week 3:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST	 30 - Minutes to Fitness Kickboxing Contouring	 30 - Minutes to Fitness Body Sculpt Overload	 30 - Minutes to Fitness Step 2	 30 - Minutes to Fitness Upper Sculpt/Lower Tone	 30 - Minutes to Fitness Step 3	REST

Week 4:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST	 30 - Minutes to Fitness Weight Circuits 1	 30 - Minutes to Fitness Box and Drills	 30 - Minutes to Fitness Ascending Pyramids	 30 - Minutes to Fitness Lower Body Pyramid	 30 - Minutes to Fitness Box and Tone	REST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST	 30 - Minutes to Fitness Ripped and Ride January 2020	 30 - Minutes to Fitness BodyFit 2	 30 - Minutes to Fitness Ripped and Ride September 2019	 30 - Minutes to Fitness Perfect 10	 30 - Minutes to Fitness Ripped and Ride June 2019	REST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST	 30 - Minutes to Fitness 888	 30 - Minutes to Fitness Floorwork	 30 - Minutes to Fitness Stretch and Tone	 30 - Minutes to Fitness Floorwork	 30 - Minutes to Fitness 2 Core Moves	REST

Though you should always challenge yourself, beginner weights are 5lbs for light dumbbells and 7 or 8lbs for heavy dumbbells. Do not expect to complete all exercises or all workouts. Aim to workout 5 days per week for 2-3 months before moving on