Jen Sepich

8/6 Tabata Workout - <https://www.facebook.com/jen.sepich/videos/3043442065767071>  
8/5 Get up & Move- <https://www.facebook.com/jen.sepich/videos/3034922319952379>  
8/1 Legs all day - <https://www.facebook.com/jen.sepich/videos/3026331437478134>  
7/27 Tabata - <https://www.facebook.com/jen.sepich/videos/3011819842262627>  
7/24 - <https://www.facebook.com/jen.sepich/videos/3003242279787050>

Barre

7/18 - <https://www.facebook.com/jen.sepich/videos/2984572768320668>  
7/10 - <https://www.facebook.com/jen.sepich/videos/2963066700471275>

Fri Barre - <https://www.facebook.com/jen.sepich/videos/2943813872396558>

Fri Barre – 6/26 - <https://www.facebook.com/jen.sepich/videos/2925720444205901>

<https://www.facebook.com/jen.sepich/videos/2907316716046274>

<https://www.facebook.com/jen.sepich/videos/2889180111193268>

6/7 - <https://www.facebook.com/jen.sepich/videos/2875380479239898>

<https://www.facebook.com/jen.sepich/videos/2857730091004937>

<https://www.facebook.com/jen.sepich/videos/2841505142627432>

<https://www.facebook.com/jen.sepich/videos/2824569254321021/>

<https://www.facebook.com/jen.sepich/videos/2806488469462433/>

<https://www.facebook.com/jen.sepich/videos/2806347939476486/>

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<https://www.facebook.com/jen.sepich/videos/2713672972077317/>

<https://www.facebook.com/jen.sepich/videos/2705072059604075/>

<https://www.facebook.com/jen.sepich/videos/2698314316946516/>

<https://www.facebook.com/jen.sepich/videos/2698303783614236/>

Abs

<https://www.facebook.com/jen.sepich/videos/2907063616071584>

6/7 - <https://www.facebook.com/jen.sepich/videos/2875116255932987>  
<https://www.facebook.com/jen.sepich/videos/2857577324353547>

Tabata - <https://www.facebook.com/jen.sepich/videos/2741100979334516/>

Arms all day - <https://www.facebook.com/jen.sepich/videos/2798080546969892/>

Legs - <https://www.facebook.com/jen.sepich/videos/2781207728657174/>

Legs all day - <https://www.facebook.com/jen.sepich/videos/2749780361799911/>