

## June & July Workouts

July 21 - H I I T Bodyweight Workout sent by Chrissy Franckle - [Click Here](#)

July 13 - Magic 7 Workout sent by Chrissy Franckle - [Click Here](#)

July 4 - Fourth of July Workout sent by Chrissy Franckle - [Click Here](#)

June 21 - Look for Father's Day Workout from Chrissy Franckle - [Click Here](#)

June 6 - Core Isometric Walkout Workout with Chrissy Franckle - [Click Here for the Video Link](#)

June 1 - Heads or Tails Family Workout sent by Chrissy Franckle - [Click Here](#)