March & April Workouts – PDF's and Written

April 30 - 10 min Abs Video with Jen Sepich - Click Here for Video Link
April 27 - 500 Rep Checklist #2 sent by Chrissy Franckle - Click Here
April 26 - Fit in 5 Minute Workout Video with Chrissy Franckle - Click Here for Video LInk
April 26 - Fit in 5 Minute Workout sent by Chrissy Franckle - Click Here
April 24 - Thursday Workout with Jackie Curran form Anytime Yoga - Click Here for Facebook Video Link
April 24 - Tabata Tuesday Workout Video with Jakie Curran from Anytime Yoga - Click Here for Facebook Video Link
April 22 - Lower Body Workout with Jen Sepich from Anytime Yoga - Click Here for Facebook Video Link
- Lower Body Workout sent by Jen Sepich - Click Here
April 22 - Lovely Lanes Workout sent by Chrissy Franckle - Click Here
April 18 - Dirty Dozen Workout PDF to go with the video sent by Chrissy Franckle - Click Here

April 15 - Tabata Workout sent by Jen Sepich - Click Here
April 14 - Decrease your Repetition 12, 10, 8, 6, 4, 2 sent by Chrissy Franckle - Click Here
April 10 - Core/AB Mountain Video with Chrissy Franckle - Click Here for Video Link
April 10 - Tabata 4 by 4 Workout sent by Chrissy Franckle - Click Here
April 7 - Standing Ab Workout Video with Jen Sepich - Click Here for Video Link
April 7 - As Many Rounds as Possible Workout sent by Chrissy Franckle - Click Here
April 7 - A and B Workout sent by Chrissy Franckle - Click Here
April 6 - Upper Body Workout sent by Jen Sepich - Click Here
April 6 - Lower Body Workout sent by Jen Sepich - Click Here
March 30 - 5 4 3 2 1 Workout sent by Chrissy Franckle - Click Here
March 30 - Monday Two Choices TBW sent by Jen Sepich - Click Here
March 27 - Arms workout video with Jen Sepich - Click Here for the Video Link
March 27 - Friday Core on the Floor video with Jen Sepich - Click Here for the Video Link
March 26 - Family A B C Workout sent by Chrissy Franckle - Click Here
March 23 - Workout EMOTM sent by Chrissy Franckle - Click Here
March 20 - Workout TBW sent by Jen Sepich - Click Here
March 18 - Workout 500 Reps sent by Chrissy Franckle - Click Here