AT home TRIBE

June Suggestions!

June 1-6
#707 Metabolic Strength “Anchored Worship”
#716 Compound Strength “Covered by the Shepherd”
#720 Progressive Strength “Not Lacking Anything”

June 7-13
#721 with Shannon: Full Body Circuits
#570 Lower Body and Core: HOPES UP
#563 Strength with Kara: He Gives All I Need

June 14-20
#573 Cardio Bodyweight: Quit Quitting
#630 Steps and Strength: And So I spoke
#720 Progressive Strength “Not Lacking Anything”

June 21-27
#581 Descending Strength Circuit
#721 with Shannon: Full Body Circuits
#642 Strength +Cardio: Tell the Story

June 28-30
#648 Delightful Dozen: Home