

## WEEKLY WORKOUT & MEAL PLANNER

Workouts: [WalkingOnlineWorkouts.com](http://WalkingOnlineWorkouts.com)

Recipes: [WoWzerKitchen.com](http://WoWzerKitchen.com)

July 11, 2021

<b>Sunday</b>	Rest
<b>Monday</b>	<u>Sunflower</u>
<b>Tuesday</b>	<u>Prince One Hour</u>
<b>Wednesday</b>	<u>Bad Girls</u>
<b>Thursday</b>	<u>Summer Vibes</u>
<b>Friday</b>	#FREEBRITNEY
<b>Saturday</b>	<u>Waterfalls</u>