

## WEEKLY WORKOUT & MEAL PLANNER

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

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

September 26, 2021

<b>Sunday</b>	Rest
<b>Monday</b>	<a href="#"><u>Pumpkin Spicy</u></a>
<b>Tuesday</b>	<a href="#"><u>Pumpkin Spicy World</u></a>
<b>Wednesday</b>	<a href="#"><u>Pumpkin Spicy Girl</u></a>
<b>Thursday</b>	<a href="#"><u>Release</u></a>
<b>Friday</b>	<a href="#"><u>Autumn Stretch</u></a>
<b>Saturday</b>	<a href="#"><u>Reflection II</u></a>