



## WEEKLY WELLNESS WORKOUT

Monday, June 1, 2020

### The Plan

- Monday [NEW Strength Work](#)
- Tuesday [Cardio Fun](#)
- Wednesday [NEW Strength Work](#)
- Thursday [LAST DAY OF SCHOOL Cardio Fun](#)
- Friday [NEW Strength Work](#)
- Saturday [Game Day Challenge](#)

*"The way I see it, if you want the rainbow, you gotta put up with the rain."*

*-Dolly Parton*



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