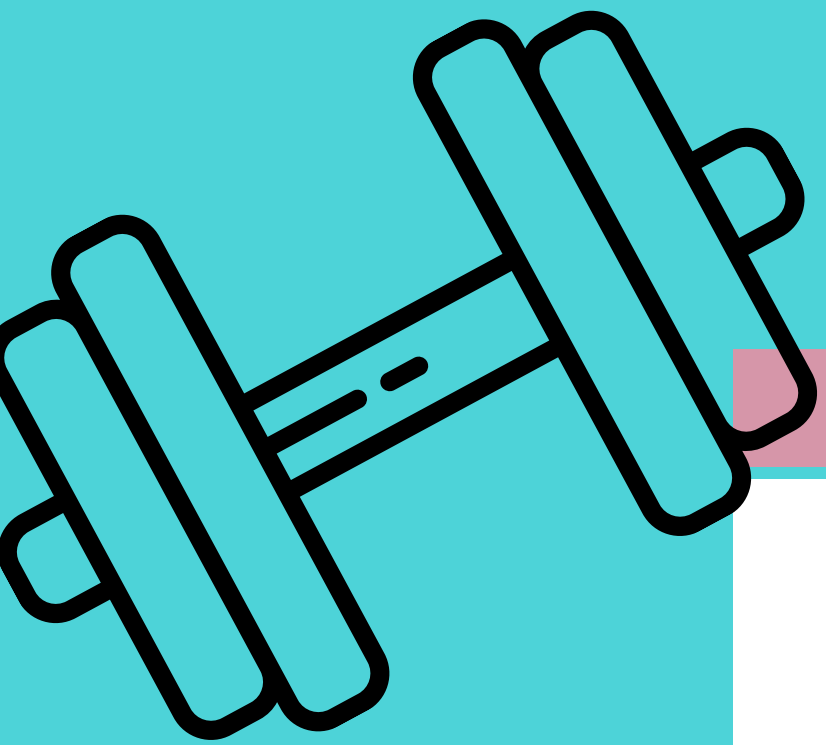


# ALEXA HANSHAW WORKOUT CALENDAR



MAY

SUN	MON	TUE	WED	THU	FRI	SAT
						<sup>1</sup> Make Up Day
<sup>2</sup> Active Rest Day/ Restorative Yoga	<sup>3</sup> Slay Total Body	<sup>4</sup> Low Impact Cardio & Core	<sup>5</sup> Signature Upper Body	<sup>6</sup> Namaste Yoga	<sup>7</sup> Lower Body	<sup>8</sup> Make Up Day
<sup>9</sup> Active Rest Day/ Restorative Yoga	<sup>10</sup> Slay Lower Body & Core	<sup>11</sup> Low Impact Cardio & Core	<sup>12</sup> Signature Total Body	<sup>13</sup> Namaste Yoga	<sup>14</sup> Upper Body	<sup>15</sup> Make Up Day
<sup>16</sup> Active Rest Day/ Restorative Yoga	<sup>17</sup> Slay Total Body	<sup>18</sup> Low Impact Cardio & Core	<sup>19</sup> Signature Upper Body	<sup>20</sup> Namaste Yoga	<sup>21</sup> Lower Body	<sup>22</sup> Make Up Day
<sup>23</sup> Active Rest Day/ Restorative Yoga	<sup>24</sup> Slay Total Body	<sup>25</sup> Low Impact Cardio & Core	<sup>26</sup> Signature Lower Body	<sup>27</sup> Namaste Yoga	<sup>28</sup> Upper Body	<sup>30</sup> Active Rest/ Restorative Yoga
					<sup>29</sup> Make Up Day	<sup>31</sup> Slay Fit Test

