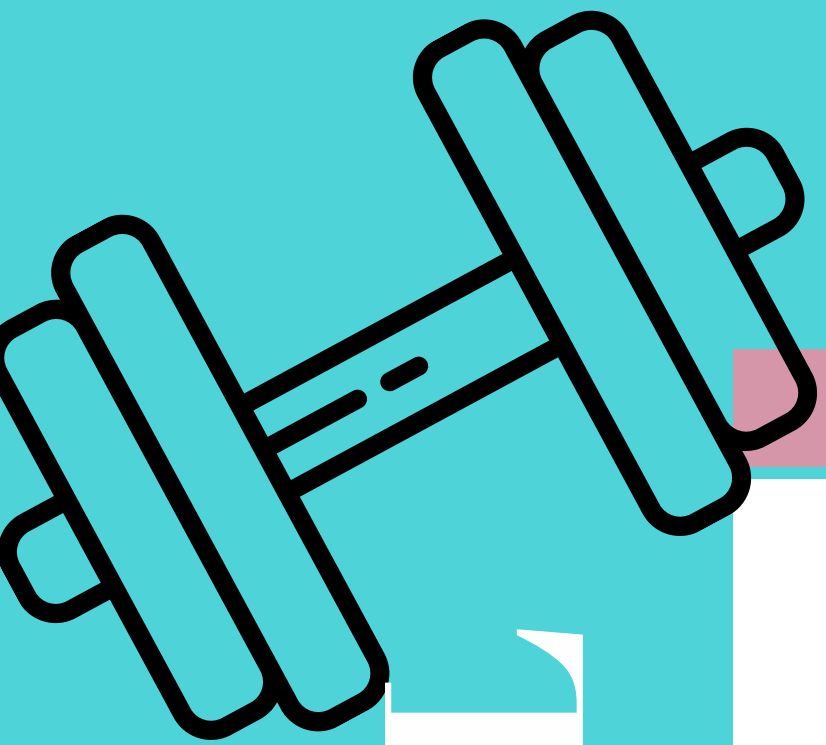
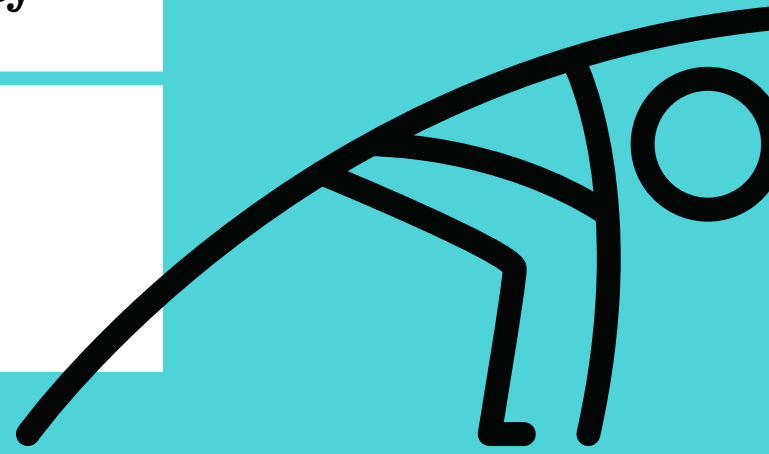


ALEXA HANSHAW WORKOUT CALENDAR



APRIL



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