

ALEXA HANSHAW WORKOUT CALENDAR

JANUARY

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

