

ALEXA HANSHAW WORKOUT CALENDAR

FEBRUARY

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

