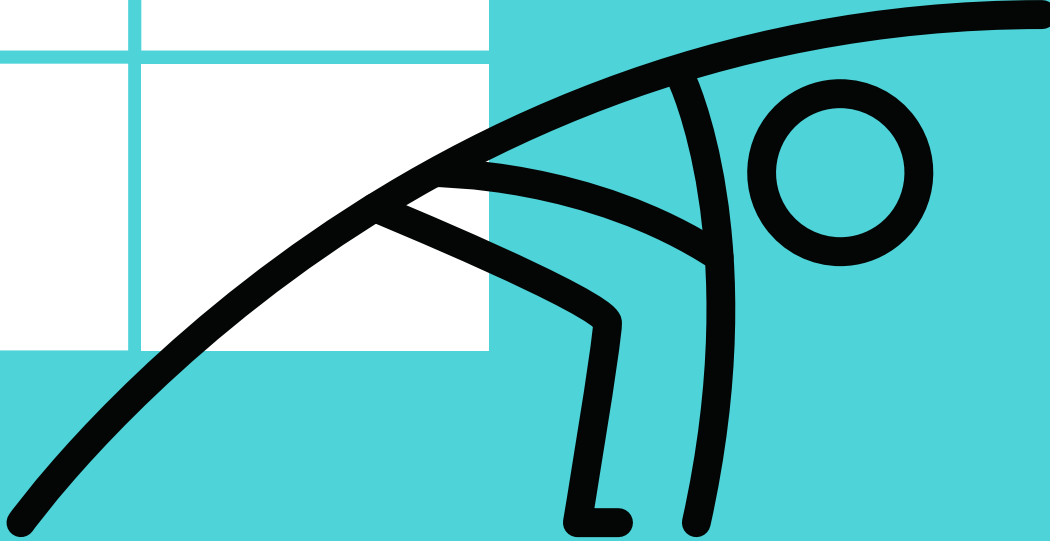
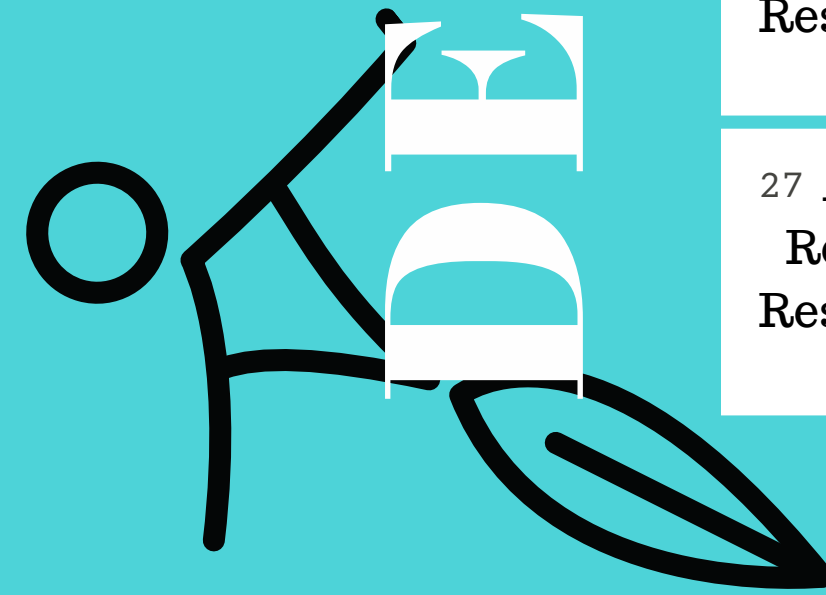
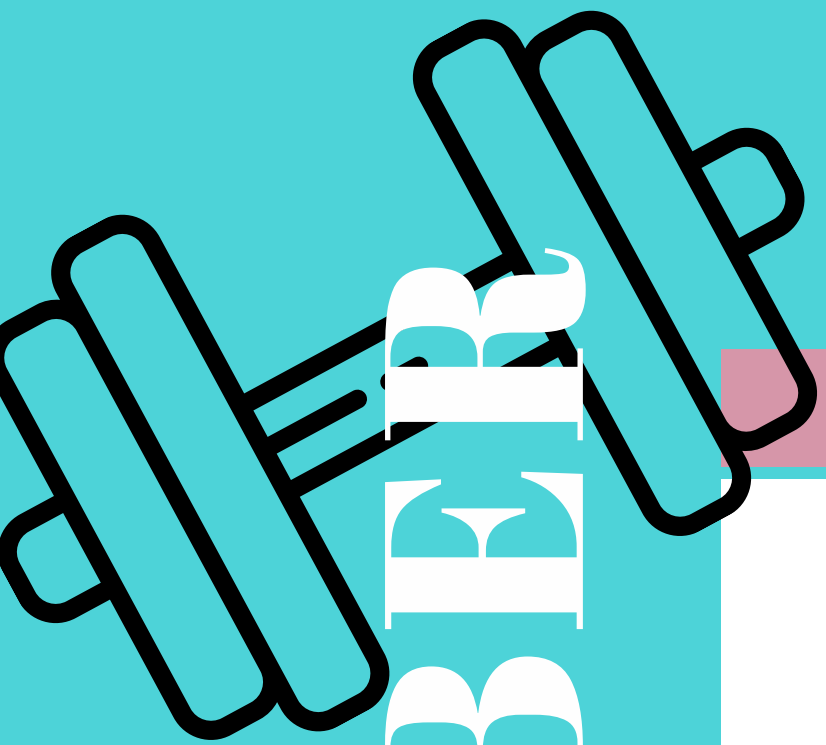


ALEXA HANSHAW WORKOUT CALENDAR



DECEMBER

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