



TRAIN WITH ALEX

## Week 1

[Day 1 - Train with Alex](#)

[Day 2 - Train with Alex 2](#)

[Day 3 - Train with Alex 3](#)

[Day 4 - Train with Alex 4](#)

[Day 5 - Train with Alex 5](#)

## Week 2

[Day 1 - Train with Alex 6](#)

[Day 2 - Train with Alex 7](#)

[Day 3 - Train with Alex 8](#)

[Day 4 - Train with Alex 9](#)

[Day 5 - Train with Alex 10](#)