



# PIYO SCHEDULE – MONTH 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	ALIGN	DEFINE: LOWER	DEFINE: UPPER	SWEAT		DEFINE: LOWER	DEFINE: UPPER
WEEK 2	SWEAT	DEFINE: LOWER	SPEED 1.0	DEFINE: UPPER		SWEAT	CORE
WEEK 3	DEFINE: UPPER	BUNS	LOWER FOCUS	DEFINE: LOWER		SWEAT	STRENGTH INTERVALS
WEEK 4	SWEAT	CORE OR HARDCORE	BUNS	DRENCH		STRENGTH INTERVALS	SWEAT



# PIYO SCHEDULE – MONTH 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	SCULPT	SWEAT	CORE	DRENCH		BUNS	STRENGTH INTERVALS
WEEK 6	DRENCH	CORE OR HARDCORE	BUNS	SCULPT		DRENCH	SWEAT
WEEK 7	SCULPT	SWEAT	CORE OR HARDCORE	BUNS		DRENCH	STRENGTH INTERVALS
WEEK 8	DRENCH	BUNS	SWEAT	CORE		SCULPT	DRENCH