



HYBRID WORKOUT SCHEDULE

PiYO will get you ultra lean and intensely defined, but add variety when you mix in some 30-minute P90X3 workouts for one accelerated, pulse-pounding, super-sculpting routine! Just follow the calendar below to get your best body ever.



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	PIYO SCULPT	P90X3 AGILITY X	PIYO CORE	P90X3 CVX	PIYO BUNS	P90X3 ACCELERATOR	REST
WEEK 2	PIYO DRENCH	P90X3 ISOMETRIX	PIYO SWEAT	P90X3 MMX	PIYO STRENGTH INTERVALS	P90X3 TRIOMETRICS	REST
WEEK 3	P90X3 CVX	PIYO SCULPT	P90X3 AGILITY X	PIYO BUNS	P90X3 ACCELERATOR	PIYO SCULPT	REST
WEEK 4	PIYO DRENCH	PIYO BUNS	P90X3 TRIOMETRICS	P90X3 THE CHALLENGE	PIYO SCULPT	P90X3 ECCENTRIC UPPER	REST
WEEK 5	P90X3 DECELERATOR	PIYO SCULPT	P90X3 ISOMETRIX	PIYO DRENCH	P90X3 ECCENTRIC LOWER	PIYO CORE	REST
WEEK 6	PIYO DRENCH	P90X3 ECCENTRIC UPPER	PIYO DRENCH	P90X3 TRIOMETRICS	PIYO STRENGTH INTERVALS	P90X3 DYNAMIX	REST
WEEK 7	PIYO DRENCH	P90X3 TRIOMETRICS	PIYO CORE	P90X3 TOTAL SYNERGISTICS	PIYO BUNS	P90X3 ECCENTRIC UPPER	REST
WEEK 8	P90X3 DECELERATOR	PIYO STRENGTH INTERVALS	P90X3 AGILITY X	PIYO BUNS	P90X3 MMX	PIYO SCULPT	REST