

PiYo - Strength Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Align: The Fundamentals	Define: Lower Body	Define: Upper Body	Sweat	Rest	Define: Lower Body	Define: Upper Body
WEEK 2	Sweat	Define: Lower Body	Core	Define: Upper Body	Rest	Sweat	Core
WEEK 3	Define: Upper Body	Buns	Core	Define: Lower Body	Rest	Sweat	Full Body Blast
WEEK 4	Strength Intervals	Core or Hardcore on Floor	Full Body Blast	Drench	Rest	Strong Legs	Sweat
WEEK 5	Full Body Blast	Sweat	Core	Drench	Rest	Strong Legs	Sculpt
WEEK 6	Drench	Core or Hardcore on Floor	Buns	Strength Intervals	Rest	Full Body Blast	Sweat
WEEK 7	Sculpt	Sweat	Core or Hardcore on Floor	Strong Legs	Rest	Drench	Full Body Blast
WEEK 8	Drench	Buns or Strong Legs	Sweat	Strength Intervals	Rest	Sculpt or Full Body Blast	Drench

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