
























































PiYo Calendar

WEEK ONE	Align the Fund 	Define: Lower Body 	Define: Upper Body 	Sweat 	Rest 	Define: Lower Body 	Define: Upper Body 
WEEK TWO	Sweat 	Define: Lower Body 	Core 	Define: Upper Body 	Rest 	Sweat 	Core 
WEEK THREE	Define: Upper Body 	Buns 	Core 	Strength Intervals 	Rest 	Sweat 	Full Body Blast 
WEEK FOUR	Strength Intervals 	Core 	Full Body 	Drench 	Rest 	Strong Legs 	Sweat 
WEEK FIVE	Full Body Blast 	Sweat 	Core 	Drench 	Rest 	Strong Legs 	Sculpt 
WEEK SIX	Drench 	Core 	Buns 	Strength Intervals 	Rest 	Full Body Blast 	Sweat 
WEEK SEVEN	Sculpt 	Sweat 	Core 	Strong Legs 	Rest 	Drench 	Full Body Blast 
WEEK EIGHT	Drench 	Buns 	Sweat 	Strength Intervals 	Rest 	Sculpt or FBB 	Drench 