

Month 1

PilYo

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	☐ Day 1 Align: The Fundamentals	☐ Day 2 Define: Lower Body	☐ Day 3 Define: Upper Body	☐ Day 4 Sweat	☐ Day 5 REST	☐ Day 6 Define: Lower Body
☐ Day 7 Define: Upper Body	☐ Day 8 Sweat	☐ Day 9 Define: Lower Body	☐ Day 10 CORE	☐ Day 11 Define: Upper Body	☐ Day 12 REST	☐ Day 13 Sweat
☐ Day 14 Core	☐ Day 15 Define: Upper Body	☐ Day 16 Buns	☐ Day 17 Core	☐ Day 18 Define: Lower Body	☐ Day 19 REST	☐ Day 20 Sweat
☐ Day 21 Strength Intervals	☐ Day 22 Sweat	☐ Day 23 Core or Hardcore on The Floor	☐ Day 24 Buns	☐ Day 25 Drench	☐ Day 26 REST	☐ Day 27 Strength Intervals
☐ Day 28 Sweat						
						FitViews.com