



STRENGTH

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Align: The Fundamentals	Define: Lower Body	Define: Upper Body	Sweat	Rest
2	Sweat	Define: Lower Body	Core	Define: Upper Body	Rest
3	Define: Upper Body	Buns	Core	Strength Intervals	Rest
4	Strength Intervals	Core OR Hardcore On The Floor	*Full Body Blast	Drench	Rest

PiYO FOCUS T25

☒ PiYO ☒ FOCUS T25

HYBRID WORKOUT

PiYo will get you ultra lean & those days when you're short on your schedule with FOCUS pulse-pounding, body-sculpting calendar below to get you

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	☒ PiYO SCULPT	☒ FOCUS T25 SPEED 1.0	☒ PiYO CORE	☒ FOCUS T25 CARDIO	☒ PiYO BUNS
WEEK 2	☒ PiYO DRENCH	☒ FOCUS T25 TOTAL BODY CIRCUIT	☒ PiYO DRENCH	☒ FOCUS T25 AB INTERVALS	☒ PiYO STRENGTH INTERVALS
WEEK 3	☒ FOCUS T25 CORE CARDIO	☒ PiYO SCULPT	☒ FOCUS T25 AB INTERVALS	☒ PiYO BUNS	☒ FOCUS T25 SPEED 2.0
WEEK 4	☒ PiYO DRENCH	☒ PiYO BUNS	☒ FOCUS T25 CORE CARDIO	☒ FOCUS T25 HIIT CIRCUIT	☒ PiYO SCULPT

PiYO P90X3

☒ PiYO ☒ P90X3

HYBRID WORKOUT

PiYo will get you ultra lean & add variety when you mix workouts for one accelerated super-sculpting routine! Just to get your best body ever

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	☒ PiYO SCULPT	☒ P90X3 AGILITY X	☒ PiYO CORE	☒ P90X3 CVX	☒ PiYO BUNS
WEEK 2	☒ PiYO DRENCH	☒ P90X3 ISOMETRIX	☒ PiYO SWEAT	☒ P90X3 MMX	☒ PiYO STRENGTH INTERVALS
WEEK 3	☒ P90X3 CVX	☒ PiYO SCULPT	☒ P90X3 AGILITY X	☒ PiYO BUNS	☒ P90X3 ACCELERATOR
WEEK 4	☒ PiYO DRENCH	☒ PiYO BUNS	☒ P90X3 TRIOMETRICS	☒ P90X3 THE CHALLENGE	☒ PiYO SCULPT



Month 1

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Align: The Fundamentals	Define: Lower Body	Define: Upper Body	Sweat	Rest
2	Sweat	Define: Lower Body	Core	Define: Upper Body	Rest
3	Define: Upper Body	Buns	Core	Define: Lower Body	Rest
4	Sweat	Core OR Hardcore On The Floor	Buns	Drench	Rest