

PiYO Basic 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	Strength Intervals
Week 4	Sweat	Core or Hardcore on the Floor	Buns	Drench	Rest	Strength Intervals	Sweat
Week 5	Sculpt	Sweat	Core	Drench	Rest	Buns	Strength Intervals
Week 6	Drench	Core or Hardcore on the Floor	Buns	Sculpt	Rest	Drench	Sweat
Week 7	Sculpt	Sweat	Core or Hardcore on the Floor	Buns	Rest	Drench	Strength Intervals
Week 8	Drench	Buns	Sweat	Core	Rest	Sculpt	Drench