

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	Strength Intervals	Rest	Sweat	Full Body Blast
Week 4	Strength Intervals	Core or Hardcore on the 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 the Floor	Buns	Strength Intervals	Rest	Full Body Blast	Sweat
Week 7	Sculpt	Sweat	Core or Hardcore on	Strong Legs	Rest	Drench	Full Body Blast
Week 8	Drench	Buns or Strong Legs	Sweat	Strength Intervals	Rest	Sculpt or Full Body Blast	Drench