

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# Piyo 1st Month



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	ALIGN	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

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START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# Piyo 2nd Month



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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

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