

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

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

# PiYo

## Workout Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1

ALIGN:  
THE  
FUNDAMENTALSDEFINE:  
LOWER BODYDEFINE:  
UPPER BODY

SWEAT

REST

DEFINE:  
LOWER BODYDEFINE:  
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  
INTERVAL

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