

# PiYo - Basic Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	Align: The Fundamentals	Define: Lower Body	Define: Upper Body	Sweat	Rest	Define: Lower Body	Define: Upper Body
<b>WEEK 2</b>	Sweat	Define: Lower Body	Core	Define: Upper Body	Rest	Sweat	Core
<b>WEEK 3</b>	Define: Upper Body	Buns	Core	Define: Lower Body	Rest	Sweat	Strength Intervals
<b>WEEK 4</b>	Sweat	Core or Hardcore on Floor	Buns	Drench	Rest	Strength Intervals	Sweat
<b>WEEK 5</b>	Sculpt	Sweat	Core	Drench	Rest	Buns	Strength Intervals
<b>WEEK 6</b>	Drench	Core or Hardcore on Floor	Buns	Sculpt	Rest	Drench	Sweat
<b>WEEK 7</b>	Sculpt	Sweat	Core or Hardcore on Floor	Buns	Rest	Drench	Strength Intervals
<b>WEEK 8</b>	Drench	Buns	Sweat	Core	Rest	Sculpt	Drench

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# PiYo - Strength Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	Align: The Fundamentals	Define: Lower Body	Define: Upper Body	Sweat	Rest	Define: Lower Body	Define: Upper Body
<b>WEEK 2</b>	Sweat	Define: Lower Body	Core	Define: Upper Body	Rest	Sweat	Core
<b>WEEK 3</b>	Define: Upper Body	Buns	Core	Define: Lower Body	Rest	Sweat	Full Body Blast
<b>WEEK 4</b>	Strength Intervals	Core or Hardcore on Floor	Full Body Blast	Drench	Rest	Strong Legs	Sweat
<b>WEEK 5</b>	Full Body Blast	Sweat	Core	Drench	Rest	Strong Legs	Sculpt
<b>WEEK 6</b>	Drench	Core or Hardcore on Floor	Buns	Strength Intervals	Rest	Full Body Blast	Sweat
<b>WEEK 7</b>	Sculpt	Sweat	Core or Hardcore on Floor	Strong Legs	Rest	Drench	Full Body Blast
<b>WEEK 8</b>	Drench	Buns or Strong Legs	Sweat	Strength Intervals	Rest	Sculpt or Full Body Blast	Drench

