



MONTH 1

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 |
|-------------------------------|-----------------------|-----------------------|-------|------|-----------------------|-----------------------|

2

| | | | | | | |
|-------|-----------------------|------|-----------------------|------|-------|------|
| SWEAT | DEFINE: LOWER BODY | CORE | DEFINE: UPPER BODY | REST | SWEAT | CORE |
|-------|-----------------------|------|-----------------------|------|-------|------|

3

| | | | | | | |
|-----------------------|------|------|-----------------------|------|-------|-----------------------|
| DEFINE: UPPER BODY | BUNS | CORE | DEFINE: LOWER BODY | REST | SWEAT | STRENGTH INTERVALS |
|-----------------------|------|------|-----------------------|------|-------|-----------------------|

4

| | | | | | | |
|-------|--|------|--------|------|-----------------------|-------|
| SWEAT | CORE OR HARDCORE ON THE FLOOR | BUNS | DRENCH | REST | STRENGTH INTERVALS | SWEAT |
|-------|--|------|--------|------|-----------------------|-------|

MONTH 2

MONDAY / TUESDAY / WEDNESDAY / THURSDAY / FRIDAY / SATURDAY / SUNDAY

WEEK

5

| | | | | | | |
|--------|-------|------|--------|------|------|-----------------------|
| SCULPT | SWEAT | CORE | DRENCH | REST | BUNS | STRENGTH INTERVALS |
|--------|-------|------|--------|------|------|-----------------------|

6

| | | | | | | |
|--------|--|------|--------|------|--------|-------|
| DRENCH | CORE OR HARDCORE ON THE FLOOR | BUNS | SCULPT | REST | DRENCH | SWEAT |
|--------|--|------|--------|------|--------|-------|

7

| | | | | | | |
|--------|-------|--|------|------|--------|-----------------------|
| SCULPT | SWEAT | CORE OR HARDCORE ON THE FLOOR | BUNS | REST | DRENCH | STRENGTH INTERVALS |
|--------|-------|--|------|------|--------|-----------------------|

8

| | | | | | | |
|--------|------|-------|------|------|--------|--------|
| DRENCH | BUNS | SWEAT | CORE | REST | SCULPT | DRENCH |
|--------|------|-------|------|------|--------|--------|



Attend a PiYo® workout LIVE! Find a class at PiYoClass.com



MONTH 1 **STRENGTH**

STRENGTH

READY TO PUSH HARDER?

Then you're ready for **PIYO STRENGTH®**.

The PiYo Strength accelerated workouts use the **Beachbody® Strength Slides** to increase the intensity, the results—and the fun! Get PiYo Strength through your Coach, TeamBeachbody.com, or Beachbody.com.



WEEK

1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|-------------------------------|-----------------------|-----------------------|----------|--------|-----------------------|-----------------------|
| 1 | ALIGN: THE FUNDAMENTALS | DEFINE: LOWER BODY | DEFINE: UPPER BODY | SWEAT | REST | DEFINE: LOWER BODY | DEFINE: UPPER BODY |

2

| | | | | | | | |
|---|-------|-----------------------|------|-----------------------|------|-------|------|
| 2 | SWEAT | DEFINE: LOWER BODY | CORE | DEFINE: UPPER BODY | REST | SWEAT | CORE |
|---|-------|-----------------------|------|-----------------------|------|-------|------|

3

| | | | | | | | |
|---|-----------------------|------|------|-----------------------|------|-------|--------------------|
| 3 | DEFINE: UPPER BODY | BUNS | CORE | STRENGTH INTERVALS | REST | SWEAT | FULL BODY BLAST |
|---|-----------------------|------|------|-----------------------|------|-------|--------------------|

4

| | | | | | | | |
|---|-----------------------|--|--------------------|--------|------|----------------|-------|
| 4 | STRENGTH INTERVALS | CORE OR HARDCORE ON THE FLOOR | FULL BODY BLAST | DRENCH | REST | STRONG LEGS | SWEAT |
|---|-----------------------|--|--------------------|--------|------|----------------|-------|

MONTH 2 **STRENGTH**

WEEK

5

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--------------------|---------|-----------|----------|--------|----------------|--------|
| 5 | FULL BODY BLAST | SWEAT | CORE | DRENCH | REST | STRONG LEGS | SCULPT |

6

| | | | | | | | |
|---|--------|--|------|-----------------------|------|--------------------|-------|
| 6 | DRENCH | CORE OR HARDCORE ON THE FLOOR | BUNS | STRENGTH INTERVALS | REST | FULL BODY BLAST | SWEAT |
|---|--------|--|------|-----------------------|------|--------------------|-------|

7

| | | | | | | | |
|---|--------|-------|--|----------------|------|--------|--------------------|
| 7 | SCULPT | SWEAT | CORE OR HARDCORE ON THE FLOOR | STRONG LEGS | REST | DRENCH | FULL BODY BLAST |
|---|--------|-------|--|----------------|------|--------|--------------------|

8

| | | | | | | | |
|---|--------|------------------------------|-------|-----------------------|------|------------------------------------|--------|
| 8 | DRENCH | BUNS OR STRONG LEGS | SWEAT | STRENGTH INTERVALS | REST | SCULPT OR FULL BODY BLAST | DRENCH |
|---|--------|------------------------------|-------|-----------------------|------|------------------------------------|--------|



TRY A PIYO HYBRID CALENDAR. Combine the power of PiYo with another Beachbody program and try something new! Go to TeamBeachbody.com and click on "Workout Sheets."

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