



HYBRID WORKOUT SCHEDULE

PiYo will get you ultra lean and seriously defined, but for those days when you're short on time, you can switch up your schedule with FOCUS T25 workouts for one intense, pulse-pounding, body-sculpting regimen! Just follow the calendar below to get your best body ever.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	PIYO SCULPT	FOCUS T25 SPEED 1.0	PIYO CORE	FOCUS T25 CARDIO	PIYO BUNS	FOCUS T25 CORE CARDIO	REST
WEEK 2	PIYO DRENCH	FOCUS T25 TOTAL BODY CIRCUIT	PIYO DRENCH	FOCUS T25 AB INTERVALS	PIYO STRENGTH INTERVALS	FOCUS T25 SPEED 1.0	REST
WEEK 3	FOCUS T25 CORE CARDIO	PIYO SCULPT	FOCUS T25 AB INTERVALS	PIYO BUNS	FOCUS T25 SPEED 2.0	PIYO SCULPT	REST
WEEK 4	PIYO DRENCH	PIYO BUNS	FOCUS T25 CORE CARDIO	FOCUS T25 RIPT CIRCUIT	PIYO SCULPT	FOCUS T25 DYNAMIC CORE	REST
WEEK 5	FOCUS T25 SPEED 2.0	PIYO SCULPT	FOCUS T25 DYNAMIC CORE	PIYO DRENCH	FOCUS T25 RIPT CIRCUIT	PIYO CORE	REST
WEEK 6	PIYO DRENCH	FOCUS T25 UPPER FOCUS	PIYO DRENCH	FOCUS T25 TOTAL BODY CIRCUIT	PIYO STRENGTH INTERVALS	FOCUS T25 SPEED 1.0	REST
WEEK 7	FOCUS T25 CORE CARDIO	PIYO STRENGTH INTERVALS	FOCUS T25 CORE CARDIO	PIYO BUNS	FOCUS T25 SPEED 2.0	PIYO SCULPT	REST
WEEK 8	PIYO DRENCH	FOCUS T25 SPEED 2.0	PIYO CORE	FOCUS T25 RIPT CIRCUIT	PIYO BUNS	FOCUS T25 DYNAMIC CORE	REST