

PIYO

Strength Schedule

MONTH 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Define: Upper Body	Align: The Fundamentals	Define: Lower Body	Define: Upper Body	Sweat	Rest Day	Define: Lower Body
Core	Sweat	Define: Lower Body	Core	Define: Upper Body	Rest Day	Sweat
Strength Intervals	Define: Upper Body	Buns	Core	Define: Lower Body	Rest Day	Sweat
Sweat	Strength Intervals	Session 1 Core Session 2 Hardcore on the Floor	Full Body Blast	Drench	Rest Day	Strong Legs