

BODY BEAST + PiYO

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	BUILD CHEST/TRI'S	BUILD LEGS	BUILD BACK/BI'S	SWEAT+ BEAST ABS	BUILD SHOULDERS	REST	DEFINE LOWER
2	BUILD CHEST/TRIS	BUILD LEGS	BUILD BACK/BI'S	CORE	BUILD SHOULDERS	REST	DEFINE UPPER
3	BUILD LEGS	BUILD CHEST/TRIS	BUILD BACK/BI'S	SWEAT+ BEAST ABS	BUILD SHOULDERS	REST	STRENGTH INTERVALS
4	DEFINE LOWER	DEFINE UPPER	SWEAT + BEAST ABS	TOTAL BODY OR LUCKY 7	STRENGTH INTERVALS	REST	CORE RECORD
5	BULK CHEST	BULK LEGS	BULK ARMS	BEAST CARDIO +ABS	BULK BACK	REST	SWEAT
6	BULK SHOULDERS	BULK CHEST	BULK LEGS	CORE	BULK ARMS	REST	DEFINE LOWER
7	BULK BACK	BULK SHOULDERS	BULK CHEST	SWEAT+ BEAST ABS	BULK LEGS	REST	CORE
8	BULK ARMS	BULK BACK	BULK SHOULDERS	BUNS + BEAST ABS	BULK CHEST	REST	SWEAT RECORD
9	BULK LEGS	BULK ARMS	BULK BACK	CORE	BULK SHOULDERS	REST	DEFINE UPPER
10	DEFINE LOWER	CORE	DRENCH	SWEAT + BEASTABS	TOTAL BODY OR LUCKY 7	REST	CORE
11	BULK CHEST	BUILD LEGS	DRENCH + ABS	SCULPT	CORE	REST	BULK BACK
12	BULK ARMS	BUILD CHEST	DRENCH +ABS	BULK LEGS	BUILD BACK/BI'S	REST	SCULPT RECORD

ZILLA FITNESS
CHAD PINK INDEPENDENT TEAM BEACHBODY COACH

- * You can substitute "[Lucky 7](#)" for "Total Body" wherever you see it on the schedule.
- * You can substitute "[Hardcore on the Floor](#)" for "Core" wherever you see it on the schedule.
- * **RECORD** = Enter your measurements and progress pics on TeamBeachbody.com and report them to your challenge groups.

COACHES WANTED!



**BUILD YOUR DREAM
BUSINESS FROM HOME TODAY!**

Find Out How!

I am currently looking for motivated individuals that would like to turn their experience into an income by helping others with Beachbody programs.

INTERESTED?

Watch the free video at fitnetworker.com to see if you are a good fit for my team.