



STRENGTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STATURDAY	SUNDAY
WEEK 1	Align: The Fundamentals	Define: Lower Body	Define: Upper Body	Sweat	Rest	Define: Lower Body	Define: Upper Body
WEEK 2	Sweat	Define: Lower Body	Core	Define: Upper Body	Rest	Sweat	Core
WEEK 3	Define: Upper Body	Buns	Core	Strength Intervals	Rest	Sweat	*Full Body Blast
WEEK 4	Strength Intervals	Core OR Hardcore On The Floor	*Full Body Blast	Drench	Rest	*Strong Legs	Sweat

* Requires PiYo Strength DVD from PIYOSTRENGTH.ZILLAFITNESS.COM

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STRENGTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	STATURDAY	SUNDAY
WEEK 5	*Full Body Blast	Sweat	Core	Drench	Rest	*Strong Legs	Sculpt
WEEK 6	Drench	Core OR Hardcore On The Floor	Buns	Strength Intervals	Rest	*Full Body Blast	Sweat
WEEK 7	Sculpt	Sweat	Core OR Hardcore On The Floor	*Strong Legs	Rest	Drench	*Full Body Blast
WEEK 8	Drench	Buns or *Strong Legs	Sweat	Strength Intervals	Rest	Sculpt or *Full Body Blast	Drench

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COACHES WANTED!



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

Find Out How!

I am currently looking for motivated graduates or near-graduates of PIYO 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.