



DEFINE YOURSELF

	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
WEEK 2	SWEAT	DEFINE: LOWER BODY	CORE	DEFINE: UPPER BODY	REST	SWEAT	CORE
WEEK 3	DEFINE: UPPER BODY	BUNS	CORE	DEFINE: LOWER BODY	REST	SWEAT	STRENGTH INTERVALS
WEEK 4	SWEAT	CORE OR HARDCORE ON THE FLOOR	BUNS	DRENCH	REST	STRENGTH INTERVALS	SWEAT
WEEK 5	SCULPT	SWEAT	CORE	DRENCH	REST	BUNS	STRENGTH INTERVALS
WEEK 6	DRENCH	CORE OR HARDCORE ON THE FLOOR	BUNS	SCULPT	REST	DRENCH	SWEAT
WEEK 7	SCULPT	SWEAT	CORE OR HARDCORE ON THE FLOOR	BUNS	REST	DRENCH	STRENGTH INTERVALS
WEEK 8	DRENCH	BUNS	SWEAT	CORE	REST	SCULPT	DRENCH

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.