

START: _____

FINISH: _____

Don't forget your
measurements and before photos!



workout calendar



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK	PiYO Strength: MONTH ONE						
1	ALIGN: THE FUNDAMENTALS	DEFINE: LOWER BODY	DEFINE: UPPER BODY	SWEAT	REST	DEFINE: LOWER BODY	DEFINE: UPPER BODY
2	SWEAT	DEFINE: LOWER BODY	CORE	DEFINE: UPPER BODY	REST	SWEAT	CORE
3	DEFINE: UPPER BODY	BUNS	CORE	STRENGTH INTERVALS	REST	SWEAT	FULL BODY BLAST
4	STRENGTH INTERVALS	CORE or HARDCORE ON THE FLOOR	FULL BODY BLAST	DRENCH	REST	STRONG LEGS	SWEAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK	PiYO Strength: MONTH TWO						
5	FULL BODY BLAST	SWEAT	CORE	DRENCH	REST	STRONG LEGS	SCULPT
6	DRENCH	CORE or HARDCORE ON THE FLOOR	BUNS	STRENGTH INTERVALS	REST	FULL BODY BLAST	SWEAT
7	SCULPT	SWEAT	CORE or HARDCORE ON THE FLOOR	STRONG LEGS	REST	DRENCH	FULL BODY BLAST
8	DRENCH	BUNS or STRONG LEGS	SWEAT	STRENGTH INTERVALS	REST	SCULPT or FULL BODY BLAST	DRENCH

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 TO PURCHASE THE PiYO WORKOUT, VISIT: laurieyogi.com/piyo
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