



HYBRID WORKOUT SCHEDULE

PiYo will get you ultra lean and seriously defined, but for those days when you're short on time, you can switch up your schedule with FOCUS T25 workouts for one intense, pulse-pounding, body-sculpting regimen! Just follow the calendar below to get your best body ever.

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--------|-----------------------|------------------------------|------------------------|------------------------------|-------------------------|------------------------|-------|
| WEEK 1 | PIYO SCULPT | FOCUS T25 SPEED 1.0 | PIYO CORE | FOCUS T25 CARDIO | PIYO BUNS | FOCUS T25 CORE CARDIO | REST |
| WEEK 2 | PIYO DRENCH | FOCUS T25 TOTAL BODY CIRCUIT | PIYO DRENCH | FOCUS T25 AB INTERVALS | PIYO STRENGTH INTERVALS | FOCUS T25 SPEED 1.0 | REST |
| WEEK 3 | FOCUS T25 CORE CARDIO | PIYO SCULPT | FOCUS T25 AB INTERVALS | PIYO BUNS | FOCUS T25 SPEED 2.0 | PIYO SCULPT | REST |
| WEEK 4 | PIYO DRENCH | PIYO BUNS | FOCUS T25 CORE CARDIO | FOCUS T25 RIPT CIRCUIT | PIYO SCULPT | FOCUS T25 DYNAMIC CORE | REST |
| WEEK 5 | FOCUS T25 SPEED 2.0 | PIYO SCULPT | FOCUS T25 DYNAMIC CORE | PIYO DRENCH | FOCUS T25 RIPT CIRCUIT | PIYO CORE | REST |
| WEEK 6 | PIYO DRENCH | FOCUS T25 UPPER FOCUS | PIYO DRENCH | FOCUS T25 TOTAL BODY CIRCUIT | PIYO STRENGTH INTERVALS | FOCUS T25 SPEED 1.0 | REST |
| WEEK 7 | FOCUS T25 CORE CARDIO | PIYO STRENGTH INTERVALS | FOCUS T25 CORE CARDIO | PIYO BUNS | FOCUS T25 SPEED 2.0 | PIYO SCULPT | REST |
| WEEK 8 | PIYO DRENCH | FOCUS T25 SPEED 2.0 | PIYO CORE | FOCUS T25 RIPT CIRCUIT | PIYO BUNS | FOCUS T25 DYNAMIC CORE | REST |