



HYBRID WORKOUT SCHEDULE

PiYO will get you ultra lean and intensely defined, but add variety when you mix in some 30-minute P90X3 workouts for one accelerated, pulse-pounding, super-sculpting routine! 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	<input type="checkbox"/> PIYO SCULPT	<input type="checkbox"/> P90X3 AGILITY X	<input type="checkbox"/> PIYO CORE	<input type="checkbox"/> P90X3 CVX	<input type="checkbox"/> PIYO BUNS	<input type="checkbox"/> P90X3 ACCELERATOR	<input type="checkbox"/> REST
WEEK 2	<input type="checkbox"/> PIYO DRENCH	<input type="checkbox"/> P90X3 ISOMETRIX	<input type="checkbox"/> PIYO SWEAT	<input type="checkbox"/> P90X3 MMX	<input type="checkbox"/> PIYO STRENGTH INTERVALS	<input type="checkbox"/> P90X3 TRIOMETRICS	<input type="checkbox"/> REST
WEEK 3	<input type="checkbox"/> P90X3 CVX	<input type="checkbox"/> PIYO SCULPT	<input type="checkbox"/> P90X3 AGILITY X	<input type="checkbox"/> PIYO BUNS	<input type="checkbox"/> P90X3 ACCELERATOR	<input type="checkbox"/> PIYO SCULPT	<input type="checkbox"/> REST
WEEK 4	<input type="checkbox"/> PIYO DRENCH	<input type="checkbox"/> PIYO BUNS	<input type="checkbox"/> P90X3 TRIOMETRICS	<input type="checkbox"/> P90X3 THE CHALLENGE	<input type="checkbox"/> PIYO SCULPT	<input type="checkbox"/> P90X3 ECCENTRIC UPPER	<input type="checkbox"/> REST
WEEK 5	<input type="checkbox"/> P90X3 DECELERATOR	<input type="checkbox"/> PIYO SCULPT	<input type="checkbox"/> P90X3 ISOMETRIX	<input type="checkbox"/> PIYO DRENCH	<input type="checkbox"/> P90X3 ECCENTRIC LOWER	<input type="checkbox"/> PIYO CORE	<input type="checkbox"/> REST
WEEK 6	<input type="checkbox"/> PIYO DRENCH	<input type="checkbox"/> P90X3 ECCENTRIC UPPER	<input type="checkbox"/> PIYO DRENCH	<input type="checkbox"/> P90X3 TRIOMETRICS	<input type="checkbox"/> PIYO STRENGTH INTERVALS	<input type="checkbox"/> P90X3 DYNAMIX	<input type="checkbox"/> REST
WEEK 7	<input type="checkbox"/> PIYO DRENCH	<input type="checkbox"/> P90X3 TRIOMETRICS	<input type="checkbox"/> PIYO CORE	<input type="checkbox"/> P90X3 TOTAL SYNERGISTICS	<input type="checkbox"/> PIYO BUNS	<input type="checkbox"/> P90X3 ECCENTRIC UPPER	<input type="checkbox"/> REST
WEEK 8	<input type="checkbox"/> P90X3 DECELERATOR	<input type="checkbox"/> PIYO STRENGTH INTERVALS	<input type="checkbox"/> P90X3 AGILITY X	<input type="checkbox"/> PIYO BUNS	<input type="checkbox"/> P90X3 MMX	<input type="checkbox"/> PIYO SCULPT	<input type="checkbox"/> REST