

PIYO SCHEDULE – MONTH 2

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	SCULPT	SWEAT	CORE	DRENCH		BUNS	STRENGTH INTERVALS
WEEK 6	DRENCH	CORE OR HARDCORE	BUNS	SCULPT		DRENCH	SWEAT
WEEK 7	SCULPT	SWEAT	CORE OR HARDCORE	BUNS		DRENCH	STRENGTH INTERVALS
WEEK 8	DRENCH	BUNS	SWEAT	CORE		SCULPT	DRENCH

