

# PIYO SCHEDULE - MONTH 1

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	ALIGN	DEFINE: LOWER	DEFINE: UPPER	SWEAT		DEFINE: LOWER	DEFINE: UPPER
WEEK 2	SWEAT	DEFINE: LOWER	SPEED 1.0	DEFINE: UPPER		SWEAT	CORE
WEEK 3	DEFINE: UPPER	BUNS	LOWER FOCUS	DEFINE: LOWER		SWEAT	STRENGTH INTERVALS
WEEK 4	SWEAT	CORE OR HARDCORE	BUNS	DRENCH		STRENGTH INTERVALS	SWEAT

