



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 | PIYO SCULPT | P90X3 AGILITY X | PIYO CORE | P90X3 CVX | PIYO BUNS | P90X3 ACCELERATOR | REST |
| WEEK 2 | PIYO DRENCH | P90X3 ISOMETRIX | PIYO SWEAT | P90X3 MMX | PIYO STRENGTH INTERVALS | P90X3 TRIOMETRICS | REST |
| WEEK 3 | P90X3 CVX | PIYO SCULPT | P90X3 AGILITY X | PIYO BUNS | P90X3 ACCELERATOR | PIYO SCULPT | REST |
| WEEK 4 | PIYO DRENCH | PIYO BUNS | P90X3 TRIOMETRICS | P90X3 THE CHALLENGE | PIYO SCULPT | P90X3 ECCENTRIC UPPER | REST |
| WEEK 5 | P90X3 DECELERATOR | PIYO SCULPT | P90X3 ISOMETRIX | PIYO DRENCH | P90X3 ECCENTRIC LOWER | PIYO CORE | REST |
| WEEK 6 | PIYO DRENCH | P90X3 ECCENTRIC UPPER | PIYO DRENCH | P90X3 TRIOMETRICS | PIYO STRENGTH INTERVALS | P90X3 DYNAMIX | REST |
| WEEK 7 | PIYO DRENCH | P90X3 TRIOMETRICS | PIYO CORE | P90X3 TOTAL SYNERGISTICS | PIYO BUNS | P90X3 ECCENTRIC UPPER | REST |
| WEEK 8 | P90X3 DECELERATOR | PIYO STRENGTH INTERVALS | P90X3 AGILITY X | PIYO BUNS | P90X3 MMX | PIYO SCULPT | REST |