



QUADZILLA
FAITH | FAMILY | FITNESS | FORTITUDE

HYBRID WORKOUT CALENDAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	PiYo Define Lower	Hammer & Chisel - Hammer Power	22HC Cardio 1	PiYo Intervals	Power Half Hour - Bun Shaper	Active Recovery/ Rest	Rest/ Make up
WEEK 2	PiYo Define Upper	Joel's BOD Exclusive - 8x8	22HC Cardio 2	PiYo Strong Legs	22HC Resistance 2	Active Recovery/ Rest	Rest/ Make up
WEEK 3	PiYo Full Body Blast	Hammer & Chisel - Hammer Conditioning	22HC Resistance 1	PiYo Buns	22HC Cardio 3	Active Recovery/ Rest	Rest/ Make up
WEEK 4	PiYo Strong Legs	Autumn's BOD Exclusive - Kill Cupcake	22HC Battle Buddy	PiYo Core	22HC Resistance 3	Active Recovery/ Rest	Rest/ Make up

ACTIVE RECOVERY = RIDE BIKES, TAKE A WALK, TRY YOGA ON BOD, ETC.

FIND OTHER CHALLENGING WORKOUTS ON MY WEBSITE:

[HTTPS://TEAMQUADZILLA.COM/FITNESS-CHALLENGES/](https://teamquadzilla.com/fitness-challenges/)