

Brazil Butt Lift/INSANITY Schedule

Month 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Fit Test Bum Bum	Day 2 Pure Cardio Cardio Abs	Day 3 Sculpt	Day 4 Plyometric Cardio Circuit	Day 5 Bum Bum Tummy Tuck	Day 6 Pure Cardi High & Tight	Day 7 Rest Day
Day 8 Sculpt	Day 9 Pure Cardio Cardio Abs	Day 10 High & Tight Tummy Tuck	Day 11 Plyometric Cardio Circuit Cardio Abs	Day 12 Bum Bum Tummy Tuck	Day 13 Sculpt	Day 14 Rest Day
Day 15 Bum Bum Cardio Abs	Day 16 Plyometric Cardio Circuit Cardio Abs	Day 17 Sculpt	Day 18 Pure Cardio High & Tight	Day 19 Bum Bum Tummy Tuck	Day 20 Sculpt	Day 21 Rest Day
Day 22 High & Tight Cardio Abs	Day 23 Plyometric Cardio Circuit Tummy Tuck	Day 24 Sculpt	Day 25 Bum Bum Cardio Abs	Day 26 Pure Cardio Tummy Tuck	Day 27 High & Tight Cardio Abs	Day 28 Rest Day

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Month 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 29 Fit Test Bum Bum	Day 30 Pure Cardio Cardio Abs	Day 31 Sculpt	Day 32 Plyometric Cardio Circuit	Day 33 Bum Bum Tummy Tuck	Day 34 Pure Cardi High & Tight	Day 35 Rest Day
Day 36 Sculpt	Day 37 Pure Cardio Cardio Abs	Day 38 High & Tight Tummy Tuck	Day 39 Plyometric Cardio Circuit Cardio Abs	Day 40 Bum Bum Tummy Tuck	Day 41 Sculpt	Day 42 Rest Day
Day 43 Bum Bum Cardio Abs	Day 44 Plyometric Cardio Circuit Cardio Abs	Day 45 Sculpt	Day 46 Pure Cardio High & Tight	Day 47 Bum Bum Tummy Tuck	Day 48 Sculpt	Day 49 Rest Day
Day 50 High & Tight Cardio Abs	Day 51 Plyometric Cardio Circuit Tummy Tuck	Day 52 Sculpt	Day 53 Bum Bum Cardio Abs	Day 54 Pure Cardio Tummy Tuck	Day 55 High & Tight Cardio Abs	Day 56 Rest Day

<http://thefitnessfocus.com/brazil-butt-lift/brazil-butt-lift-insanity-hybrid-workout-schedule>