

Brazil Butt Lift - Lift & Shape Schedule

Month 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Booty Basics Bum bum	Day 2 High & Tight	Day 3 Rest Day	Day 4 Bum Bum	Day 5 High & Tight Tummy Tuck	Day 6 Bum Bum	Day 7 Rest Day
Day 8 Sculpt	Day 9 High & Tight	Day 10 Sculpt	Day 11 Bum Bum	Day 12 Sculpt	Day 13 High & Tight	Day 14 Rest Day
Day 15 Sculpt	Day 16 Bum Bum tummy Tuck	Day 17 Sculpt	Day 18 High & Tight	Day 19 Sculpt	Day 20 Cardio Axe Bum Bum Tummy Tuck	Day 21 Rest Day
Day 22 Sculpt	Day 23 Bum Bum High & Tight	Day 24 Sculpt	Day 25 Rest Day	Day 26 Bum Bum High & Tight	Day 27 Cardio Axe Sculpt	Day 28 Rest Day

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Month 2

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

<http://thefitnessfocus.com/brazil-butt-lift/brazil-butt-lift-calendars>