

# BBL/T25 Hybrid Schedule

Month 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Bum Bum Tummy Tuck	Day 2 T25 Cardio	Day 3 Sculpt	Day 4 T25 Speed 1.0 Tummy Tuck	Day 5 T25 Total Body Circuit	Day 6 T25 Cardio High & Tight	Day 7 Rest Day
Day 8 Sculpt	Day 9 T25 Lower Focus	Day 10 High & Tight Tummy Tuck	Day 11 T25 Cardio	Day 12 Bum Bum Tummy Tuck	Day 13 Sculpt	Day 14 Rest Day
Day 15 T25 Total Body Circuit Tummy Tuck	Day 16 T25 Lower Focus	Day 17 Sculpt	Day 18 T25 Cardio High & Tight	Day 19 Bum Bum Tummy Tuck	Day 20 Sculpt	Day 21 Rest Day
Day 22 High & Tight	Day 23 T25 Speed 1.0 Tummy Tuck	Day 24 Sculpt	Day 25 T25 Cardio	Day 26 Bum Bum	Day 27 T25 Lower Focus Tummy Tuck	Day 28 Rest Day

# BBL/T25 Hybrid Schedule

Month 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bum Bum Day 29	T25 Cardio T25 Core Cardio Day 30	Sculpt Day 31	High & Tight Day 32	T25 Rip'T Circuit Tummy Tuck Day 33	T25 Lower Focus T25 Dynamic Core Day 34	Rest Day Day 35
Sculpt Day 36	High & Tight Tummy Tuck Day 37	T25 Speed 2.0 T25 Upper Focus Day 38	T25 Cardio T25 Total Body Circuit Day 39	T25 Dynamic Core Tummy Tuck Day 40	Sculpt Day 41	Rest Day Day 42
Bum Bum Day 43	T25 Cardio T25 Core Cardio Day 44	Sculpt Day 45	High & Tight Day 46	T25 Rip'T Circuit Tummy Tuck Day 47	T25 Lower Focus T25 Dynamic Core Day 48	Rest Day Day 49
Sculpt Day 50	High & Tight Tummy Tuck Day 51	T25 Speed 2.0 T25 Upper Focus Day 52	T25 Cardio T25 Total Body Circuit Day 53	T25 Dynamic Core Tummy Tuck Day 54	Sculpt Day 55	Rest Day Day 56

<http://thefitnessfocus.com/brazil-butt-lift/brazil-butt-lift-and-focus-t25-hybrid-schedule>