

Brazil Butt Lift Slim & Lift Schedule

Month 1

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

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Month 2

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

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