

# Brazil Butt Lift Slim & Shape Schedule

Month 1

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