

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# BRAZIL BUTT LIFT: CLASSIC SCHEDULE



**THE  
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	BUM BUM TUMMY TUCK	CARDIO AXE HIGH & TIGHT	SCULPT	CARDIO AXE HIGH & TIGHT	BUM BUM TUMMY TUCK	CARDIO AXE HIGH & TIGHT	REST
WEEK 2	CARDIO AXE SCULPT	TUMMY TUCK HIGH & TIGHT	BUM BUM SCULPT	TUMMY TUCK HIGH & TIGHT	CARDIO AXE SCULPT	TUMMY TUCK HIGH & TIGHT	REST
WEEK 3	SCULPT	CARDIO AXE HIGH & TIGHT	SCULPT	TUMMY TUCK HIGH & TIGHT	SCULPT	BUM BUM TUMMY TUCK	REST
WEEK 4	BUM BUM TUMMY TUCK	CARDIO AXE HIGH & TIGHT	SCULPT	BUM BUM TUMMY TUCK	CARDIO AXE SCULPT	TUMMY TUCK HIGH & TIGHT	REST

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