

60-DAY BOOTY MAKEOVER CALENDAR

Find the plan for your butt type and follow it twice, for a total of 60 days.

Add weight and resistance for a greater challenge in Month 2.

Be sure to check out our BONUS workouts: Bum Bum Rapido or Secret Weapon.

CLASSIC FOR ALL BUTT TYPES							
	MON	TUE	WED	THU	FRI	SAT	SUN
1	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	CARDIO AXE	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	Rest or Bonus Workout
2	SCULPT	HIGH & TIGHT*	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	HIGH & TIGHT*	Rest or Bonus Workout
3	SCULPT	CARDIO AXE	SCULPT	HIGH & TIGHT*	SCULPT	BUM BUM & TUMMY TUCK	Rest or Bonus Workout
4	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	BUM BUM & TUMMY TUCK	CARDIO AXE	SCULPT	Rest or Bonus Workout
VOLUMIZER							
1	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	CARDIO AXE	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	Rest or Bonus Workout
2	SCULPT	HIGH & TIGHT*	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	HIGH & TIGHT* +BUM BUM	Rest or Bonus Workout
3	SCULPT	CARDIO AXE +BUM BUM	SCULPT	HIGH & TIGHT*	SCULPT	BUM BUM & TUMMY TUCK	Rest or Bonus Workout
4	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	BUM BUM & TUMMY TUCK	CARDIO AXE +BUM BUM	SCULPT	Rest or Bonus Workout
LIFT							
1	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	CARDIO AXE +TUMMY TUCK	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	Rest or Bonus Workout
2	SCULPT	HIGH & TIGHT* +CARDIO AXE	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	SCULPT +TUMMY TUCK	HIGH & TIGHT*	Rest or Bonus Workout
3	SCULPT	CARDIO AXE +TUMMY TUCK	SCULPT	HIGH & TIGHT* +CARDIO AXE	SCULPT	BUM BUM & TUMMY TUCK	Rest or Bonus Workout
4	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	SCULPT +TUMMY TUCK	BUM BUM & TUMMY TUCK	CARDIO AXE	SCULPT	Rest or Bonus Workout
SLIM							
1	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	SCULPT	CARDIO AXE	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	Rest or Bonus Workout
2	SCULPT	HIGH & TIGHT* +CARDIO AXE	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	SCULPT	HIGH & TIGHT*	Rest or Bonus Workout
3	SCULPT	CARDIO AXE	SCULPT	HIGH & TIGHT* +CARDIO AXE	SCULPT	BUM BUM & TUMMY TUCK +CARDIO AXE	Rest or Bonus Workout
4	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	SCULPT	BUM BUM & TUMMY TUCK +CARDIO AXE	CARDIO AXE +BUM BUM	SCULPT	Rest or Bonus Workout
*Add equipment as you get stronger.							

MONTH 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Bum Bum Tummy Tuck	Cardio Axe High & Tight	Sculpt	Cardio Axe High & Tight	Bum Bum Tummy Tuck	Cardio Axe High & Tight	Rest or Bonus Workout
2	Sculpt Cardio Axe	Tummy Tuck High & Tight	Bum Bum Sculpt	Tummy Tuck High & Tight	Sculpt Cardio Axe	High & Tight Tummy Tuck	Rest or Bonus Workout
3	Sculpt	Cardio Axe Bum Bum	Sculpt	Bum Bum High & Tight	Sculpt	Bum Bum Tummy Tuck	Rest or Bonus Workout
4	Bum Bum Tummy Tuck	Cardio Axe High & Tight	Sculpt	Bum Bum Tummy Tuck	Sculpt Cardio Axe	Tummy Tuck High & Tight	Rest or Bonus Workout

MONTH 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	Bum Bum Tummy Tuck	Rio Extreme	Sculpt	Bum Bum Abs Rapido Upper Cuts	High & Tight Cardio Axe	Tummy Tuck Bum Bum	Rest or Bonus Workout
6	Cardio Axe Sculpt	Tummy Tuck High & Tight	Rio Extreme	Bum Bum Upper Cuts Abs Rapido	Sculpt Bum Bum	Tummy Tuck High & Tight	Rest or Bonus Workout
7	Sculpt	Cardio Axe Bum Bum	Rio Extreme	Bum Bum Abs Rapido Upper Cuts	Sculpt	Tummy Tuck Bum Bum	Rest or Bonus Workout
8	Rio Extreme	Tummy Tuck Bum Bum	High & Tight Cardio Axe	Sculpt	Bum Bum Abs Rapido Upper Cuts	Tummy Tuck High & Tight	Rest or Bonus Workout

Master Series Workout Calendars

Be sure to check out our BONUS workouts: Bum Bum Rapido or Secret Weapon.

BRAZIL BUTT LIFT® and BRAZIL BUTT LIFT MASTER SERIES 30-DAY HYBRID CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Bum Bum	High & Tight	Bum Bum	High & Tight	Rest or Bonus Workout	Bum Bum	Rest or Bonus Workout
2	Ipanema Booty	Bikini Body	Cardio Axe + Tummy Tuck	Bikini Body	Rest or Bonus Workout	Ipanema Booty	Rest or Bonus Workout
3	Higher & Tighter	Bum Bum	Ipanema Booty + Tummy Tuck	Bum Bum	Rest or Bonus Workout	Higher & Tighter	Rest or Bonus Workout
4	Bikini Body	Ipanema Booty + Tummy Tuck	Sculpt + Cardio Axe	Higher & Tighter + Tummy Tuck	Rest or Bonus Workout	Bikini Body	Rest or Bonus Workout

MASTER SERIES 30-DAY CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Higher & Tighter	Bikini Body	Ipanema Booty	Bikini Body	Rest or Bonus Workout	Higher & Tighter	Rest or Bonus Workout
2	Bikini Body	Ipanema Booty	Bikini Body	Ipanema Booty	Rest or Bonus Workout	Bikini Body	Rest or Bonus Workout
3	Higher & Tighter	Ipanema Booty	Rest or Bonus Workout	Higher & Tighter	Rest or Bonus Workout	Ipanema Booty	Rest or Bonus Workout
4	Bikini Body	Higher & Tighter + Ipanema Booty	Bikini Body	Higher & Tighter + Ipanema Booty	Rest or Bonus Workout	Bikini Body	Rest or Bonus Workout