

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.

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
2	SCULPT	HIGH & TIGHT*	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	HIGH & TIGHT*	REST
3	SCULPT	CARDIO AXE	SCULPT	HIGH & TIGHT*	SCULPT	BUM BUM & TUMMY TUCK	REST
4	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	BUM BUM & TUMMY TUCK	CARDIO AXE	SCULPT	REST
VOLUMIZER							
1	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	CARDIO AXE	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	REST
2	SCULPT	HIGH & TIGHT*	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	HIGH & TIGHT* +BUM BUM	REST
3	SCULPT	CARDIO AXE +BUM BUM	SCULPT	HIGH & TIGHT*	SCULPT	BUM BUM & TUMMY TUCK	REST
4	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	BUM BUM & TUMMY TUCK	CARDIO AXE +BUM BUM	SCULPT	REST
LIFT							
1	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	SCULPT	CARDIO AXE +TUMMY TUCK	BUM BUM & TUMMY TUCK	HIGH & TIGHT*	REST
2	SCULPT	HIGH & TIGHT* +CARDIO AXE	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	SCULPT +TUMMY TUCK	HIGH & TIGHT*	REST
3	SCULPT	CARDIO AXE +TUMMY TUCK	SCULPT	HIGH & TIGHT* +CARDIO AXE	SCULPT	BUM BUM & TUMMY TUCK	REST
4	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	SCULPT +TUMMY TUCK	BUM BUM & TUMMY TUCK	CARDIO AXE	SCULPT	REST
SLIM							
1	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	SCULPT	CARDIO AXE	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	REST
2	SCULPT	HIGH & TIGHT* +CARDIO AXE	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	SCULPT	HIGH & TIGHT*	REST
3	SCULPT	CARDIO AXE	SCULPT	HIGH & TIGHT* +CARDIO AXE	SCULPT	BUM BUM & TUMMY TUCK +CARDIO AXE	REST
4	BUM BUM & TUMMY TUCK	HIGH & TIGHT* +CARDIO AXE	SCULPT	BUM BUM & TUMMY TUCK +CARDIO AXE	CARDIO AXE +BUM BUM	SCULPT	REST

*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 your bum bum.
2	Sculpt Cardio Axe	Tummy Tuck High & Tight	Bum Bum Sculpt	Tummy Tuck High & Tight	Sculpt Cardio Axe	High & Tight Tummy Tuck	Rest your bum bum.
3	Sculpt	Cardio Axe Bum Bum	Sculpt	Bum Bum High & Tight	Sculpt	Bum Bum Tummy Tuck	Rest your bum bum.
4	Bum Bum Tummy Tuck	Cardio Axe High & Tight	Sculpt	Bum Bum Tummy Tuck	Sculpt Cardio Axe	Tummy Tuck High & Tight	Rest your bum bum.

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 your bum bum.
6	Cardio Axe Sculpt	Tummy Tuck High & Tight	Rio Extreme	Bum Bum Upper Cuts Abs Rapido	Sculpt Bum Bum	Tummy Tuck High & Tight	Rest your bum bum.
7	Sculpt	Cardio Axe Bum Bum	Rio Extreme	Bum Bum Abs Rapido Upper Cuts	Sculpt	Tummy Tuck Bum Bum	Rest your bum bum.
8	Rio Extreme	Tummy Tuck Bum Bum	High & Tight Cardio Axe	Sculpt	Bum Bum Abs Rapido Upper Cuts	Tummy Tuck High & Tight	Rest your bum bum.

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	Bum Bum	Rest
2	Ipanema Booty	Bikini Body	Cardio Axe + Tummy Tuck	Bikini Body	Rest	Ipanema Booty	Rest
3	Higher & Tighter	Bum Bum	Ipanema Booty + Tummy Tuck	Bum Bum	Rest	Higher & Tighter	Rest
4	Bikini Body	Ipanema Booty + Tummy Tuck	Sculpt + Cardio Axe	Higher & Tighter + Tummy Tuck	Rest	Bikini Body	Rest

MASTER SERIES 30-DAY CALENDAR

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