



CARVALHO, the creator of Brazil Butt Lift®, and if you're tired of hiding your butt underneath oversized T-shirts or beach towels, my red-hot workout is for you! As a native of Brazil, a former ballet dancer, and a fitness trainer in New York City, I've helped sculpt some of world's most beautiful bodies, including those belonging to several of the world's most successful lingerie and runway models.

Back home in Brazil, women are not shy about their butts. Quite frankly, they are obsessed with having a tight, lifted, and perfectly round butt, which we call the "bum bum" (pronounced "boom boom"). And they inspired me to want to help women all over the world get the taut tush of the gorgeous girls on the beaches of Rio de Janeiro. So, in Brazil Butt Lift, I show you the very same moves I have used for years to help models and clients get "red carpet-ready" results.

The "secret" behind my success is TriAngle Training. I use fat-burning cardio, Brazilian dance, and my signature sculpting moves to lift, firm, and shape a beautiful butt. By working the "bum bum" from all different angles, you will target every possible muscle fiber to get the ultimate booty-beautifying benefits.

One of my mottos is: Don't Settle For Less! With Brazil Butt Lift, I'll make you work. But it will be worth every second of sweat. Get ready for a brand-new butt.

Obrigado (thank you),



# CONTENTS

- 6 Why Brazil Butt Lift Works! 12 What You Get
- 8 Your Booty Blueprint 13 Am I Working Hard Enough?
- 9 The Pencil Test 22 How to Keep That "Bum Bum" for Life!







### WHY BRAZIL BUTT LIFT WORKS





What makes Brazil Butt Lift different from all the other workouts that promise to deliver a great butt? The secret is Leandro's cutting-edge TriAngle Training technique. TriAngle Training works the three major muscles of the buttocks: the gluteus maximus, medius, and minimus, working them from countless angles to lift, firm, and shape the perfect behind.

You see, "it's all about the angles," as Leandro likes to say. When you work the butt muscles from multiple angles, you're not only working those specific muscles, you're also working the "heads" of the muscles, the parts that attach to the pelvic bone (which provides support between the upper and lower

parts of your body) and the hamstrings. This is what gives you the lift and shape that every woman wants. And that's something you don't get from traditional butt exercises or machines, since they only focus on one muscle or angle. You'll be tightening and toning every inch of your butt while you do your cardio

# Get ready or your oikini butt

exercise, so your butt gets smaller as it gets more shapely and toned.

To understand the muscle mechanics of your derriere, read on:

The gluteus maximus o is the largest and strongest of the three buttocks muscles. As the main muscle, it contributes to the lifted, fuller, and rounder appearance of your butt. Exercises like the Ipanema Walk and Curtsey Lunge help FIRM your butt and give it the roundness and fullness you want.

The gluteus medius 
lies underneath the gluteus maximus on the outer surface of the hips. This muscle works to stabilize the pelvis during standing toning exercises and rotational movements. Engaging both of these muscles plays a key role in carving your butt and minimizing its size. SHAPE and slim this stubborn area with On the Beach Leg Lift, Side Lunge Knee Up, and Suspended Clam. The gluteus minimus also lies underneath the gluteus maximus and works in conjunction with the medius. Work this small muscle to achieve the LIFT you want with moves like the Squat Arabesque, Kneeling Leg Lift, and Attitude Kick Back.

The gluteal muscles work in conjunction with the hamstrings, located on the backs of your thighs, to stabilize the pelvis and keep you steady throughout the standing and balancing portions of your workout. Toned hamstrings will also work with the glutes to contour your buttocks, giving them a flawless, crease-free finish.

saddlebags

With TriAngle Training, you are working all 3 gluteals together along with the back of the thighs and the saddlebag area, so you get a tight, shapely booty, slimmer thighs, and the backside you've only dreamed about.

### YOUR BOOTY BLUEPRINT

All butts are not the same. So why would you want to do the same fitness program? Whether your butt is round, flat, wide, too big, or too small, Brazil Butt Lift sculpts every posterior to perfection. With Brazil Butt Lift, you can customize your workout program to your unique butt type. We've identified the most common shapes to create your "Booty Blueprint." Find your "butt type" here and then follow your customized program, laid out in your calendar.

#### 1. TOO FLAT or SQUARE

**The Problem:** The Flat Fanny lacks shape and volume. This butt needs some pow! Your straight shape extends from the waist to the thighs, with no curves in between.

**The Solution:** Simply follow the VOLUMIZER Calendar. This booty-beautifying prescription will help you shape and tone all the butt muscles for "volumizing" results. Just follow the plan for 30 days, and watch your backside get rounder and firmer!



#### 2. PEAR SHAPE

**The Problem:** You're Curvy, which is a good thing, but a little too big below the hips and a little out of proportion. Larger hips and stubborn saddlebags that stick out to the side give you a wide-angle silhouette.

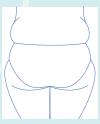
**The Solution:** Try the LIFT program, which delivers the optimal combination of cardio and toning work. Leandro's signature Brazilian dance moves will slim your bulges, while his toning workouts will shape the muscles underneath so your butt rounds out behind you, not to the sides.



#### 3. **TOO BIG**

**The Problem:** The Bulging Behind, while round and full, is too heavy and busts out in the wrong places. Usually flabby and dimply, this butt type is a little too much of a good thing.

**The Solution:** You already have the volume; you just want to slim down and get a better shape. Follow the SLIM plan to burn the fat and lean out the bulges. You'll shape your butt in all the right places.



#### 4. COMBINATION

**The Problem:** Can't figure out which type of booty you have? Or maybe you have just a little bit of each tush type? All you need is to remove part of the fat and get some shapely toned muscle to add "oomph" to your backside.

**The Solution:** Follow the CLASSIC program for ultimate booty-beautifying results. You'll work everything in balance to create a bootylicious butt!

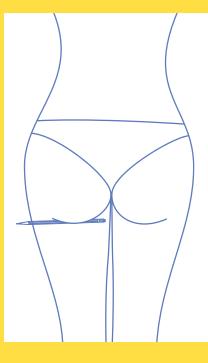


### THE PENCIL TEST

OK, this may sound strange to you, but if you were around in the 1970s as an adult or a child, you may have heard of "the pencil test." It's a fun, easy, and simple way to tell if your butt is lifted. And it really stands the test of time.

To see if your butt has enough lift, simply take a pencil and place it in the crease where your butt meets the top of the back of your thigh. If the pencil stays put or actually disappears, your butt lacks the LIFT that reduces that crease. The goal is to lose fat and firm your butt, so it's lifted and the pencil falls on the floor. The Brazil Butt Lift DVDs unlock the secret to getting the "lift" you need.

Track your results every 30 days. In fact, check after 6 days. Some people in our test group passed the pencil test in just 6 days! If you don't pass the pencil test after the first 30 days, keep going. Stick with it, and before long the pencil won't stay put.



### **GETTING STARTED**



#### WANT A QUICK START TO A BODACIOUS BUTT?

Use the **6-Day Supermodel Slimdown** to jump-start your weight loss and booty firming!

### WHAT YOU GET

#### THE WORKOUTS:

Work out with Leandro in his studio and on the beach



**BOOTY BASICS:** Leandro shares his signature moves and proper form that will help you get the most out of your workouts. This introductory DVD is a must-see for everyone. (approx. 20 min.)

**BUM BUM:** Leandro's signature workout (named after the Brazilian slang for butt) is an intense cardio and lower body sculpting program. This high-energy sequence of handpicked moves is straight from his standing-room-only classes in New York City. (approx. 35 min.)



**HIGH & TIGHT:** Make your butt literally high and tight. This routine focuses on all of those stubborn trouble zones: the hips, butt and saddlebags. Leandro uses standing moves and floor work with ankle weights and booty resistance bands to take your bum bum to new heights. (approx. 35 min.)

**SCULPT:** Leandro takes you through a total-body weighted workout with a sexy Brazilian twist to sculpt your entire body and especially your butt. Look like a sexy supermodel—lean and toned without the bulk. (approx. 50 min.)



**CARDIO AXE:** Leandro's fat-burning dance and booty-shaking signature axe (pronounced "ah-shay") moves deliver all-over slimming results fast. Feel like you're dancing on the streets of Brazil during Carnival! (approx. 30 min.)

**TUMMY TUCK:** Flatten your abs fast with this 20-minute tummy toner. Leandro's special ab-sculpting series will soon have you searching for that string bikini at the bottom of your dresser drawer. (approx. 20 min.)

### WHAT YOU GET

#### **TOOLS FOR SUCCESS**



### 60-DAY BOOTY MAKEOVER GUIDE:

This booklet you're holding will help you get the best butt of your life! Includes Booty Blueprint, the Pencil Test, and much more.



6-DAY SUPERMODEL SLIMDOWN: A proven workout and meal plan to help you lose 6 lbs. and 6 inches in 6 days!



#### **BOOTYLICIOUS MEAL PLAN:**

Provides an easy-to-follow meal plan, complete with a host of zesty, Brazilian-inspired recipes that will help you slim down without sacrificing an ounce of flavor.



#### TRIANGLE TRAINING

WORKOUT CARDS: These cards contain step-by-step instructions and photos to Lift, Firm, and Shape your butt. Use Leandro's signature

moves to brush up on your technique or create your own workout-on-the-go!



### CALENDAR WITH MEASUREMENT TRACKER AND TAPE MEASURE:

Follow your customized workout plan to track your progress and see your best results—not just on your butt, but all over.



#### **RESISTANCE BAND:**

This latex band provides an extra boost of lowerbody resistance to sculpt those hard-to-reach areas.

You will also need either a pair of 3-lb. and 5-lb. weights, or a pair of 5-lb. and 8-lb. weights, and a set of light ankle weights, between 3 lbs. and 5 lbs., depending on your fitness level. If you don't already own these, you can purchase them at Beachbody.com or TeamBeachbody.com.



### AM I WORKING OUT HARD ENOUGH?

# Monitor your Personal Training Zone for maximum booty-beautifying results!

In order to see the best results, it is important to train at the right intensity level. Using a heart rate monitor is the best way to track your intensity. If you don't have one, however, use this simple **RPE (Rate of Perceived Exertion) chart** below to gauge how hard you are working.

#### THE RPE CHART

#### 1-2 Super Easy

You can carry on a conversation with little to no effort.

#### **3–4** Easy

You can maintain this level with minimal effort.

#### **5–6** Moderate

Maintaining this level requires some effort.

#### 7-8 Difficult

Maintaining this level requires more effort.

#### **8–9** Peak

The no-talk zone: maintaining this level requires maximum effort.

#### **HOW TO USE YOUR RPE CHART**

Follow this guide during your workout.

Warm-up: You should be in the 3-4 Zone.

**Heart of the workout:** You should be in the 6-7 Zone. If you are into the 8-9 Zone, take it easy, and if you're at 3-4, pick it up.

Cooldown: You should be in the 3-4 Zone.

### SEE YOUR RESULTS IN A SNAP!



**FRONT VIEW** 



SIDE VIEW



**BACK VIEW\*** 



**BOOTY VIEW\*** 

#### **GET FREE BOOTY SHORTS!**

Send us your "before" and "after" photos and we'll send you FREE booty shorts. Go to **Beachbody.com** for more information.

\*For these shots, remember to look back toward the camera.



Take these four shots both "before" and "after" to record your progress.

### GET A BOOST FROM THEIR SUCCESS





**C** This is the right workout for my body as a woman. My body looks feminine but muscular. I feel fantastic! "

—Jenn T.

Cellulite has always been my biggest issue. In 60 days, it's all gone. My entire body is transformed!

—Paula M.











[ I'm stoked on my new booty-ful butt! Leandro motivated me every day and gave me a supermodel shape in just 2 months!

-Marla R.

## GET DOUBLE THE RESULTS WITH TEAM BEACHBODY® CLUB



# Maximize your results with Brazil Butt Lift with VIP Club membership to TeamBeachbody.com.

Studies have shown that people who use online support tools like the kind on Team Beachbody get up to two times better results with their programs.

Buying Brazil Butt Lift is a step in the right direction. However, to get the best results possible, you also need support, accountability, and a daily commitment to exercise and a healthy diet. That's where the Team Beachbody website comes in. It's an essential tool to keep you on track with your eating and exercise goals.

#### 8 Ways TeamBeachbody.com VIP Club Membership Helps You Succeed:

- Personalized online meal plans and delicious recipes make it easy to lose weight.
- Your own personal Coach for guidance and support.
- Live Video Chats with Beachbody's celebrity trainers, including Leandro Carvalho.
- 10% discount on Shakeology®, fitness programs, gear, and supplements.
- An online calendar where you can schedule and log your Brazil Butt Lift workouts.
- Diet and workout advice from fitness and nutrition experts.
- Message Boards where you can get answers to all of your food and fitness questions 24/7.
- Your own personal blog to journal your progress and share your ideas and opinions.

Go to TeamBeachbody.com/SignUp to get started on your risk-free 30-day trial, and you get a free gift valued at \$20!

### **COACH OPPORTUNITY**

#### PHYSICALLY FIT, FINANCIALLY IN SHAPE.

#### Earn extra income helping people achieve their dreams.

Become a Coach and we'll give you everything you need to help turn your fired-up results into a money-generating home-based business. By sharing your success from Brazil Butt Lift with others, you can help them experience better health when they purchase this and other Beachbody fitness programs, Shakeology®, and our other products. Plus you can be rewarded with commissions, cash bonuses, and financial freedom \*



#### How it works

- Share your story with others, and when they purchase Beachbody fitness programs and other products, you can earn cash!\*
- Sign up other Coaches—grow your team to qualify for weekly bonuses.



I was surprised to find out that helping other people achieve their goals keeps me THAT much more dedicated to reaching my own.

—Coach Kati H.

#### **BUILD YOUR BUSINESS WITH TEAM BEACHBODY:**

- Our comprehensive training and tools show you how to get started, how to recruit other Coaches, and how you can earn more income.\*
- Manage your business with your own Coach online business center and Web store.
- Connect with customers and Coaches using your Team Beachbody email account.
- Fulfill orders and process payments for all sales.

#### To learn more, ask your Coach or visit TeamBeachbody.com/Coach

\*Beachbody does not guarantee any level of success or income from the Beachbody Coach Opportunity. Each Coach's income depends on his or her own efforts, diligence, and skill.



#### GET THE CHANCE TO WIN CASH AND PRIZES.

#### Get support. Get fit. Get prizes.

The Beachbody Challenge<sup>™</sup> will give you the motivation and support you need to get in shape with Brazil Butt Lift. With peer support and a chance to win cash and prizes, you'll see results in no time. Then share your results to get your **FREE** Brazil Butt Lift shorts and a chance to win more than \$100,000!



before



after\*

"It's reward enough to have regained my health and a whole new level of fitness, but to also get PAID for my results by entering the Beachbody Challenge is the most awesome reward yet!"

—Ashley S. Beachbody Challenge Monthly Winner

TAKE THE CHALLENGE at TakeBBChallenge.com<sup>†</sup>



### HOW TO KEEP THAT "BUM-BUM" FOR LIFE!

#### 10 Tips for Long-Lasting Success

Ever have one of those days when you know you should work out, but just can't get your rear in gear? You're not alone. Even the most dedicated fitness fiends find excuses not to exercise from time to time. Here are a few tips on how to stay motivated to reach your goals, be successful, and keep it up for life.

- Prioritize. No time because you spend hours surfing the web or watching TV? Turn that time into booty-shaking time. In the long run, you'll be glad you put your health first. Your butt will thank you, too.
- Make a date with yourself.

  Schedule your workout the way you would a doctor's appointment or dinner with a friend and honor that commitment.
- Keep a journal. Record when you worked out, how long, and how you felt before and after the workout. Include this in your Transformation Tracker. Seeing how good you felt after a workout will motivate you on those days when you need a boost.
- Imagine it. Visualize how you will look and feel after one month, three months, and one year.

  Results are the best motivational tool, so be sure to keep up with your measurements and photos.

- Don't get discouraged.

  It's important to make a long-term commitment, even if it means going without noticeable results right away. Remember, you can't go wrong by eating healthily and working out regularly, especially when Brazil Butt Lift makes it so much fun.
- Have a support team. Spend time with friends who value a healthy lifestyle. You will all benefit from sharing your stories abouthow amazing exercise makes you feel. Invite a friend over to try Brazil Butt Lift with you. Make it a party, not a workout.
- 7 Force yourself to take the first step. Just putting on your workout clothes and popping in a DVD will get you in the mood. It only takes a few minutes, and the rest will follow more easily.
- Reward yourself (without junk food). Each week you accomplish your fitness goals, treat yourself to something that'll inspire you to stick with it, like a new exercise mat or workout top.

Greate a point system. When you meet your goals, give yourself a point and record it. When you hit a certain amount of points, treat yourself to an activity that makes you feel good, such as a trip to the park or a long walk with friends. Gifting yourself with enjoyable, optional activities will make them that much more rewarding.

Going out of town? Pack your Booty
Tools, booklet, and TriAngle Training
cards and download your favorite
Latin-inspired music onto your cell phone or
MP3 player for an on-the-go sweat session.
Also, try to stay in a hotel that provides an
in-room DVD player so you can take Leandro
with you. Research hotel accommodations on
the web before booking your trip.





Consult your physician before beginning any exercise program.

© 2012 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the Brazil Butt Lift, Beachbody. Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. If you are a member of the Team Beachbody\* community, contact your Coach for information and support or log in at TeamBeachbody.com

For Beachbody\* and Team Beachbody Customer Service, please go to Beachbody.com • BBLINS1112

