

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

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

BRAZIL BUTT LIFT  
CLASSIC SOLUTION SCHEDULE

Sorey Fitness

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	REST	BUM BUM TUMMY TUCK	CARDIO AXE HIGH & TIGHT	SCULPT	CARDIO AXE HIGH & TIGHT	BUM BUM TUMMY TUCK	CARDIO AXE HIGH & TIGHT
WEEK 2	REST	CARDIO AXE SCULPT	TUMMY TUCK HIGH & TIGHT	BUM BUM SCULPT	TUMMY TUCK HIGH & TIGHT	CARDIO AXE SCULPT	TUMMY TUCK HIGH & TIGHT
WEEK 3	REST	SCULPT	CARDIO AXE HIGH & TIGHT	SCULPT	BUM BUM HIGH & TIGHT	SCULPT	BUM BUM TUMMY TUCK
WEEK 4	REST	BUM BUM TUMMY TUCK	CARDIO AXE HIGH & TIGHT	SCULPT	BUM BUM TUMMY TUCK	CARDIO AXE SCULPT	TUMMY TUCK HIGH & TIGHT

Need help with your nutrition and fitness? Email us at [thegirls@soreyfitness.com](mailto:thegirls@soreyfitness.com)

For daily support and motivation, follow us at [facebook.com/soreyfitness](https://www.facebook.com/soreyfitness)