

START DATE: _____

FINISH DATE: _____

BRAZIL BUTT LIFT

LIFT & SHAPE SCHEDULE

Sorey Fitness

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

Need help with your nutrition and fitness? Email us at thegirls@soreyfitness.com

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