

START DATE: _____

FINISH DATE: _____

BRAZIL BUTT LIFT

SLIM & SHAPE SCHEDULE

Sorey Fitness

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