



# 30 DAY BUTT LIFT

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Butt Workout 1 - Tone Up	Butt Workout Cardio 1 - Boot Camp	Butt Workout 2 - Booty Buster	Rest	Butt Workout 3 - Firm Extreme	Butt Workout Cardio 2 - Fat Burning	Butt Workout 4 - Dance Fit
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Rest	Butt Workout 5 - Sexy Beach Body	Butt Workout Cardio 3 - Tabata	Butt Workout 6 - Yoga	Butt Workout Cardio 4 - Brazilian Booty	Rest	Butt Workout 1 - Tone Up + Butt Workout Cardio 1 - Boot Camp	
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Butt Workout 2 - Booty Buster	Butt Workout 3 - Firm Extreme + Butt Workout Cardio 2 - Fat Burning	Rest	Butt Workout 4 - Dance Fit + Butt Workout Cardio 3 - Tabata	Butt Workout 5 - Sexy Beach Body	Butt Workout 6 - Yoga + Butt Workout Cardio 4 - Brazilian Booty	Rest	
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Butt Workout 1 - Tone Up	Butt Workout 2 - Booty Buster + Butt Workout Cardio 1 - Boot Camp	Butt Workout 3 - Firm Extreme	Butt Workout 4 - Dance Fit + Butt Workout Cardio 2 - Fat Burning	Rest	Butt Workout 5 - Sexy Beach Body + Butt Workout Cardio 1 - Boot Camp	Butt Workout 1 - Tone Up + Butt Workout 3 - Firm Extreme + Butt Workout Cardio 4 - Brazilian Body	
WEEK 5	DAY 29	DAY 30					
Butt Workout 2 - Booty Buster + Butt Workout 4 - Dance Fit + Butt Workout Cardio 1 - Boot Camp	Butt Workout 5 - Sexy Beach Body + Butt Workout 6 - Yoga + Butt Workout Cardio 2 - Fat Burning						