

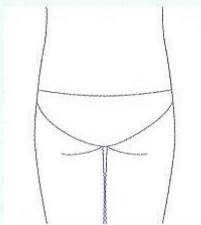
YOUR BOOTY BLUEPRINT

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 "Butty Blueprint." Find your "butt type" here and then start on your customized program.

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.

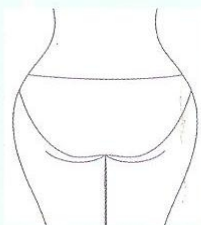
The Solution: Simply follow the LIFT & SHAPE Calendar. This booty-beautifying prescription will help you shape and tone all the butt muscles for "volumizing" results. Just follow the plan for 30 days, and watch your backside get rounder and firmer! (See page 18 for the Lift & Shape workout prescription.)



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.

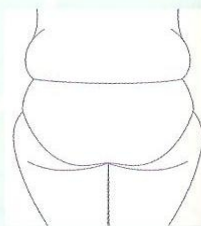
The Solution: Try the SLIM & SHAPE program, which delivers the optimal combination of cardio and toning work. Leandro's signature Brazilian dance moves will slim your bulges, while his toning workouts will shape the muscles underneath so your butt rounds out behind you, not to the sides. (See page 22 for the Slim & Shape workout prescription.)



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.

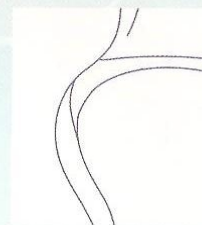
The Solution: You already have the volume; you just want to slim down and get a better shape. Follow the SLIM & LIFT plan to burn the fat and lean out the bulges. You'll shape your butt in all the right places. (See page 26 for the Slim & Lift workout prescription.)



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! (See page 30.)



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.

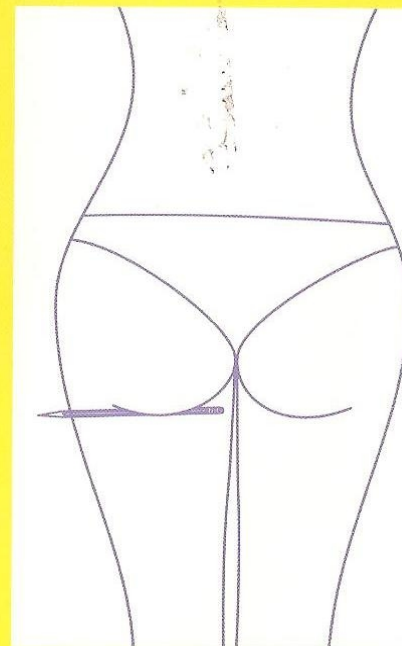
To see if your butt has enough lift, simply take a pencil and place it in the crease where your butt meets the top of the back of your thigh. If the pencil stays put or actually disappears, your butt lacks the LIFT that reduces that crease. The goal is to lose fat and firm your butt, so it's lifted and 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.

Day 2: YES _____ NO _____

Day 6: YES _____ NO _____

Day 30: YES _____ NO _____



Our "classic" calendar is appropriate for all booty types. It can be used as a stand-alone plan or the perfect program to follow once you've completed the 30-day plan for your specific booty type. Before you begin, be sure to view the Booty Basics DVD, which includes tips on proper form as well as an overview.

WEEK 1

MONDAY		Bum Bum (approx. 35 min.) Tummy Tuck (approx. 20 min.)
TUESDAY		Cardio Axe (approx. 30 min.) High & Tight (without equipment) (approx. 35 min.)
WEDNESDAY		Sculpt (with equipment) (approx. 50 min.)
THURSDAY		Cardio Axe (approx. 30 min.) High & Tight (without equipment) (approx. 35 min.)
FRIDAY		Bum Bum (approx. 35 min.) Tummy Tuck (approx. 20 min.)
SATURDAY		Cardio Axe (approx. 30 min.) High & Tight (without equipment) (approx. 35 min.)
SUNDAY	Rest Day. Treat yourself to a massage.	

WEEK 2

MONDAY		Cardio Axe (approx. 30 min.) Sculpt (with equipment) (approx. 30 min.)
TUESDAY		Tummy Tuck (approx. 20 min.) High & Tight (with equipment) (approx. 35 min.)
WEDNESDAY		Bum Bum (approx. 35 min.) Sculpt (with equipment) (approx. 50 min.)
THURSDAY		Tummy Tuck (approx. 20 min.) High & Tight (with equipment) (approx. 35 min.)
FRIDAY		Cardio Axe (approx. 30 min.) Sculpt (with equipment) (approx. 50 min.)
SATURDAY		Tummy Tuck (approx. 20 min.) High & Tight (with equipment) (approx. 35 min.)
SUNDAY	Rest Day. Relax in a hot tub or hot bubble bath.	

WEEK 3

MONDAY		Sculpt (with equipment) (approx. 50 min.)
TUESDAY		Cardio Axe (approx. 30 min.) Bum Bum (approx. 35 min.)
WEDNESDAY		Sculpt (approx. 50 min.)
THURSDAY		Bum Bum (approx. 35 min.) High & Tight (with equipment) (approx. 35 min.)
FRIDAY		Sculpt (with equipment) (approx. 50 min.)
SATURDAY		Bum Bum (approx. 35 min.) Tummy Tuck (approx. 20 min.)
SUNDAY	Rest Day. Treat yourself to a massage.	

WEEK 4

MONDAY		Bum Bum (approx. 35 min.) Tummy Tuck (approx. 20 min.)
TUESDAY		Cardio Axe (approx. 30 min.) High & Tight (with equipment) (approx. 35 min.)
WEDNESDAY		Sculpt (with equipment) (approx. 50 min.)
THURSDAY		Bum Bum (approx. 35 min.) Tummy Tuck (approx. 20 min.)
FRIDAY		Cardio Axe (approx. 30 min.) Sculpt (with equipment) (approx. 50 min.)
SATURDAY		Tummy Tuck (approx. 20 min.) High & Tight (with equipment) (approx. 35 min.)
SUNDAY	Rest Day. Relax in a hot tub or hot bubble bath.	

To continue seeing results, mix and match this program by flipping the weeks around. Variety is the key to long-term success.

LIFT & SHAPE FLAT SOLUTION

For those of you with a flat butt, this program will pump up your booty and fill out your form. By using a combination of weight training and spot-specific workouts, as well as the resistance tools, you will lift, shape, and create a more rounded rear view.

WEEK 1

MONDAY



Booty Basics (approx. 20 min.)
Bum Bum (approx. 35 min.)

TUESDAY



High & Tight (without equipment)
(approx. 35 min.)

WEDNESDAY

Rest Day. Relax in a hot tub or hot bubble bath.

THURSDAY



Bum Bum (approx. 35 min.)

FRIDAY



High & Tight (with equipment)
(approx. 35 min.)
Tummy Tuck (approx. 20 min.)

SATURDAY



Bum Bum (approx. 35 min.)

SUNDAY

Rest Day. Treat yourself to a massage.

WEEK 2

MONDAY



Sculpt (with equipment)
(approx. 50 min.)

TUESDAY



High & Tight (with equipment)
(approx. 35 min.)

WEDNESDAY



Sculpt (with equipment)
(approx. 50 min.)

THURSDAY



Bum Bum (approx. 35 min.)

FRIDAY



Sculpt (with equipment)
(approx. 50 min.)

SATURDAY



High & Tight (with equipment)
(approx. 35 min.)

SUNDAY

Rest Day. Relax in a hot tub or hot bubble bath.

WEEK 3

MONDAY		Sculpt (with equipment) (approx. 50 min.)
TUESDAY		Bum Bum (approx. 35 min.) Tummy Tuck (approx. 20 min.)
WEDNESDAY		Sculpt (with equipment) (approx. 50 min.)
THURSDAY		High & Tight (with equipment) (approx. 35 min.)
FRIDAY		Sculpt (with equipment) (approx. 50 min.)
SATURDAY		Cardio Axe (approx. 30 min.) Bum Bum (approx. 35 min.) Tummy Tuck (approx. 20 min.)
SUNDAY	Rest Day. Relax in a hot tub or hot bubble bath.	

WEEK 4

MONDAY		Sculpt (with equipment) (approx. 50 min.)
TUESDAY		Bum Bum (approx. 35 min.) High & Tight (with equipment) (approx. 35 min.)
WEDNESDAY		Sculpt (with equipment) (approx. 50 min.)
THURSDAY	Rest Day. Take time to relax today. You've earned it!	
FRIDAY		Bum Bum (approx. 35 min.) High & Tight (with equipment) (approx. 35 min.)
SATURDAY		Cardio Axe (approx. 30 min.) Sculpt (with equipment) (approx. 50 min.)
SUNDAY	Rest Day. Treat yourself to a massage.	

Maintain your beautiful backside and continue seeing results by following the Classic program calendar on page 30.

This workout program is designed to burn the maximum amount of fat while you lift and shape your booty. Our calorie-torching mix of cardio and muscle sculpting workouts blasts unwanted fat to reveal the butt of your dreams.

WEEK 1

MONDAY		Booty Basics (approx. 20 min.) Bum Bum (approx. 35 min.)
TUESDAY		Cardio Axe (approx. 30 min.) High & Tight (without equipment) (approx. 35 min.)
WEDNESDAY		Cardio Axe (approx. 30 min.) Bum Bum (approx. 35 min.)
THURSDAY	Rest Day. Relax in a hot tub or hot bubble bath.	
FRIDAY		Cardio Axe (approx. 30 min.) High & Tight (without equipment) (approx. 35 min.)
SATURDAY		Bum Bum (approx. 35 min.) Tummy Tuck (approx. 20 min.)
SUNDAY	Rest Day. Treat yourself to a massage.	

WEEK 2

MONDAY		Sculpt (with equipment) (approx. 50 min.)
TUESDAY		Cardio Axe (approx. 30 min.) High & Tight (with equipment) (approx. 35 min.)
WEDNESDAY		Sculpt (with equipment) (approx. 50 min.)
THURSDAY		Cardio Axe (approx. 30 min.) Bum Bum (approx. 35 min.)
FRIDAY		Sculpt (with equipment) (approx. 50 min.)
SATURDAY		Cardio Axe (approx. 30 min.) High & Tight (with equipment) (approx. 35 min.)
SUNDAY	Rest Day. Relax in a hot tub or hot bubble bath.	

WEEK 3

MONDAY		Sculpt (with equipment) (approx. 50 min.)
TUESDAY		Cardio Axe (approx. 30 min.) High & Tight (with equipment) (approx. 35 min.)
WEDNESDAY		Sculpt (with equipment) (approx. 50 min.)
THURSDAY		Cardio Axe (approx. 30 min.) High & Tight (with equipment) (approx. 35 min.)
FRIDAY		Bum Bum (approx. 35 min.) Tummy Tuck (approx. 20 min.)
SATURDAY		Sculpt (with equipment) (approx. 50 min.)
SUNDAY	Rest Day. Relax in a hot tub or hot bubble bath.	

WEEK 4

MONDAY		Cardio Axe (approx. 30 min.) Sculpt (with equipment) (approx. 50 min.)
TUESDAY		Bum Bum (approx. 35 min.) High & Tight (with equipment) (approx. 35 min.)
WEDNESDAY		Sculpt (with equipment) (approx. 50 min.)
THURSDAY		Cardio Axe (approx. 30 min.) Bum Bum (approx. 35 min.)
FRIDAY		Cardio Axe (approx. 30 min.) Sculpt (with equipment) (approx. 50 min.)
SATURDAY		Bum Bum (approx. 35 min.) Tummy Tuck (approx. 20 min.)
SUNDAY	Rest Day. Treat yourself to a massage.	

Maintain your beautiful backside and continue seeing results by following the Classic program calendar on page 30.

SLIM & SHAPE THE PEAR SOLUTION

This workout program is designed to sculpt and reshape your buttocks, hips, and thighs and carve out a sleeker silhouette. You'll target trouble areas, while chiseling your body using the exercises and equipment. With just the right amount of cardio, this program will blast unwanted fat to reveal the perfect butt.

WEEK 1

MONDAY		Booty Basics (approx. 20 min.) Bum Bum (approx. 35 min.)
TUESDAY		Cardio Axe (approx. 35 min.) Tummy Tuck (approx. 20 min.)
WEDNESDAY		Bum Bum (approx. 35 min.)
THURSDAY	Rest Day. Relax in a hot tub or hot bubble bath.	
FRIDAY		Cardio Axe (approx. 30 min.) High & Tight (without equipment) (approx. 35 min.)
SATURDAY		Bum Bum (approx. 35 min.)
SUNDAY	Rest Day. Treat yourself to a massage.	

WEEK 2

MONDAY		Sculpt (with equipment) (approx. 50 min.)
TUESDAY		High & Tight (with equipment) (approx. 35 min.) Tummy Tuck (approx. 20 min.)
WEDNESDAY		High & Tight (approx. 35 min.) Tummy Tuck (approx. 20 min.)
THURSDAY		Sculpt (with equipment) (approx. 50 min.)
FRIDAY		Cardio Axe (approx. 30 min.) High & Tight (with equipment) (approx. 35 min.)
SATURDAY		Sculpt (with equipment) (approx. 50 min.)
SUNDAY	Rest Day. Relax in a hot tub or hot bubble bath.	

WEEK 3

MONDAY		Sculpt (with equipment) (approx. 50 min.)
TUESDAY		Cardio Axe (approx. 30 min.) Bum Bum (approx. 35 min.)
WEDNESDAY		Sculpt (with equipment) (approx. 50 min.)
THURSDAY		Cardio Axe (approx. 30 min.) Bum Bum (approx. 35 min.)
FRIDAY		Sculpt (with equipment) (approx. 50 min.)
SATURDAY		High & Tight (approx. 35 min.) Tummy Tuck (approx. 20 min.)
SUNDAY	Rest Day. Relax in a hot tub or hot bubble bath.	

WEEK 4

MONDAY		Cardio Axe (approx. 30 min.) Bum Bum (approx. 35 min.) Tummy Tuck (approx. 20 min.)
TUESDAY		Sculpt (with equipment) (approx. 50 min.)
WEDNESDAY		High & Tight (with equipment) (approx. 35 min.) Tummy Tuck (approx. 20 min.)
THURSDAY		Sculpt (with equipment) (approx. 50 min.)
FRIDAY		Cardio Axe (approx. 30 min.) High & Tight (with equipment) (approx. 35 min.)
SATURDAY		Bum Bum (approx. 35 min.) Sculpt (with equipment) (approx. 50 min.)
SUNDAY	Rest Day. Treat yourself to a massage.	

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