

Brazil Butt Lift® Challenge Group Guide



Instructions – How to Use This Guide

In this guide, you will find shareable social posts, including tips, recipes, videos, and more, that correspond to each week of your Brazil Butt Lift Challenge Group. These are suggested posts to help you manage your Group, but feel free to mix them up to suit the needs of your Team.

Take these steps before your Group starts:

1. Create a Challenge Group using the [My Challenge Tracker Coach Portal](#), and invite your participants to download the My Challenge Tracker App. Alternatively, you can set up a private Facebook® group.
2. Review the [Product Training Guide](#) for all the information you need to know about the Brazil Butt Lift, including recommendations on products and nutrition, to ensure your group's ultimate success.
3. Share this [message from Leandro](#) with your challengers.
4. Post Week 0 topics to your group's wall.

NOTE REGARDING LINKS:

This Challenge Group Guide contains links to products, tools, and resources on TeamBeachbody.com. To ensure credit for any sale made through these links, simply append the following text shown in bold (inserting your OWN repID) to the end of the URL and paste the link into Facebook: **?referringRepId=[yourID]**

*Example for Coach with repID of 2422 linking to **Brazil Butt Lift Challenge Pack**:*

<https://www.teambeachbody.com/checkout/-/bbcheckout/challengepack/brazil-butt-lift?referringRepId=2422>

VIDEOS:

Here is a list of all the weekly videos from Leandro to motivate and guide your group through their journey. They are listed here so you have easy access to the links, but they are also listed in the weekly posts.

Week 1 – <http://youtu.be/IR9sI4S5zDA>

Week 2 – <http://youtu.be/CIXEvfb9Qw>

Week 3 – <http://youtu.be/jFL8uep2eTA>

Week 4 – <http://youtu.be/LBc83gvColQ>

Week 5 – <http://youtu.be/LwIRloovahU>

Week 6 – <http://youtu.be/8kOTMQO-yZk>

Week 7 – http://youtu.be/7KX_5SBjpN8

Week 8 – <http://youtu.be/ZKl1mqIMcRU>

**All trainer videos are also available in the Video Library in the Coach Online Office*

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Download all images in this Challenge Guide:

http://images.beachbody.com/tbb/images/challenge_group_guides/BBL/assets/assets.zip

Prep Week 0 (The Week Before Your Challenge Begins)

WEEK 0

Day of Week	Topic	Facebook® (Copy and Paste)	Images (click link to download)
Day 1	Introduction	<p>Welcome, everyone! This is our Group's private Facebook® page, and throughout our journey I'll be posting healthy eating and fitness tips, Success Stories, inspirational thoughts and quotes, recipes, and more. But this Facebook page isn't just for me to post stuff, it's for you guys to ask questions, get answers, and connect with each other.</p> <p>This will be a journey, but the best part is that we're all in it together!</p> <p>Start here: Open your Brazil Butt Lift® program, review the materials, and be sure to:</p> <ul style="list-style-type: none"> * Read the Bootylicious Meal Plan and clean out your pantry and fridge. Eating right is the key to success. * Watch Basics and follow the moves with Leandro to learn proper form for all his signature moves. * Tell your friends and family about what you are doing. You'll want their support along the way. Plus, it will be easier to stay committed (and harder to back out) if everyone close to you knows what you are up to! <p>One key rule for our Group!</p>	<p>Download Now</p>
Day 2	"Before" Pictures and Measurements	<p>Don't forget to take your "before" pictures and measurements, and record them on your card that's included in the kit. Don't forget the booty shot! Be sure to "like" this post after you've done it!</p>	
Day 3	Schedule	<p>You might have noticed that your Booty Makeover Calendar has 4 options to follow based on your individual butt type. For our Challenge Group, we're going to be following the "Classic" schedule together. If you would like to use a different calendar because you feel it will fit your body type better, adjust your schedule accordingly and let me know. Regardless of your calendar choice, block off time for your daily workout on your calendar so it's a priority. We will start our challenge on MM/DD and end on MM/DD.</p>	

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WEEK 0

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Beachbody Challenge™ Contest	Log on to BeachbodyChallenge.com and sign up to take the Challenge. You'll get a free T-shirt at the end of the program and have a chance to win cash prizes! Click "like" after you've signed up!	
Day 5	Getting Started Tip	All the gear you need to get started with Brazil Butt Lift® comes in your kit, but I find some of the optional items are really helpful with the workouts: <ul style="list-style-type: none"> - Yoga Mat – http://TeamBeachbody.com/shop/-/shopping/YogaMat - Resistance Bands – http://TeamBeachbody.com/shop/-/shopping/BLINEBandKits - 1-Pound Ankle Weights – http://TeamBeachbody.com/shop/-/shopping/BBLWGT1101 - 5-Pound Adjustable Ankle Weights – http://TeamBeachbody.com/shop/-/shopping/5lbAnkleWgt 	
Day 6	Beachbody On Demand	If you haven't yet received your program and are wondering, "What do these workouts look like?" or "What am I going to be eating for the next few weeks?" check out Beachbody On Demand. Once you enroll and log in, you'll be able to stream all your workouts and check out your program materials (including your meal guide) in one place. Click here to log in: http://club.teambeachbody.com/login/ (Subscription fees apply. See website for full details.)	
Day 7	Get to Know You	Let's introduce ourselves! No pressure—don't write a novel! Just briefly answer these 7 simple questions. Copy and paste in the comment section with your answers! <ol style="list-style-type: none"> 1. Name 2. Where you live 3. Occupation 4. What Shakeology® flavor you're drinking 5. One part of your body you'd like to work on the most 6. What you usually have for breakfast 7. Why you chose Brazil Butt Lift® 	

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Week 1

Day 1: Bum Bum, Tummy Tuck

Day 2: High & Tight

Day 3: Sculpt


Day 4: Cardio Axe

Day 5: Bum Bum, Tummy Tuck

Day 6: High & Tight

Day 7: Rest

WEEK 1

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Take a look at this video from Leandro for Week 1! http://youtu.be/IR9sl4S5zDA	
Day 2	Nutrition	<p><u>Eat less CRAP:</u> Carbonated drinks Refined sugar Artificial sweeteners and colors Processed foods</p> <p><u>Eat more FOOD:</u> Fruits and veggies Organic lean proteins Omega-3 fatty acids Drink water</p>	 <p>Download Now</p>
Day 3	Shakeology	Have you downloaded the Shakeology® calendar for 30 days of delicious recipes? http://www.teambeachbody.com/eat-smart/shakeology-recipes Post it on the fridge, or take it with you on the go!	
Day 4	Get Started Tip	How did Cardio Axe go? It's one of the most fun workouts in Brazil Butt Lift®, once you get the hang of it! Many people find the choreography challenging at first. Choreographed movement requires practice, even for the most experienced exercisers. Give it a few attempts and you'll be amazed at what you can do. Once you know the moves, you can concentrate on deeper squats and more hip movement to get the most out of the workout!	

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WEEK 1

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 5	Shakeology	<p>Awesome thought: When you drink Shakeology® daily, you're getting superfoods and minerals that health nuts like Shakeology creator Darin Olien spend their lives searching for! Here's a really cool ingredient:</p>	
Day 6	Motivation	<p>Awesome job on completing Week 1! You should be so proud of yourself for getting through this week . . . I know it wasn't easy. How is everyone feeling? If you're feeling down, just remember this:</p>	

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Week 2

Day 1: Sculpt

Day 2: High & Tight

Day 3: Bum Bum, Tummy Tuck


Day 4: High & Tight

Day 5: Sculpt

Day 6: High & Tight

Day 7: Rest Day

WEEK 2

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Check out this video from Leandro to get you started with Week 2! http://youtu.be/CIXEvfb9Qw	
Day 2	Fitness	<p>What are your goals for Brazil Butt Lift®? Share them here so your Group members can encourage you along the way. Also, tell us how you are going to stay focused on your goals for the next 60 days.</p> <p>Four tips on how to successfully set and achieve your goals:</p>	<p>1. BE REALISTIC with your goals 2. WRITE DOWN your goals and be specific 3. VISUALIZE your results 4. REWARD yourself for success</p> <p>Download Now</p>
Day 3	Nutrition	<p>Drink at least 6 to 8 glasses of water a day! It doesn't matter if it's flat or sparkling. I like to carry a bottle with me throughout the day so I don't forget. Also, be sure you drink at least 8 oz. of water with each meal. It helps you feel full and keeps you hydrated!</p>	 <p>Download Now</p>

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WEEK 2

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Kicking Cravings Engagement Question	<p>By now you should be feeling reduced cravings for junk food. That's because the nutrients in Shakeology® feed your body with the stuff it needs, and its 15+ grams of protein help you stay satisfied!</p> <p>Now that we're in our 2nd week, what foods has Shakeology helped you stopped craving?</p>	
Day 5	Fitness	<p>Five tips for getting through your toughest workout:</p> <ol style="list-style-type: none"> 1. Mentally Prepare 2. Find a Workout Buddy 3. Get Into a Routine 4. Make Your Goals Specific 5. Use the 3 Ps <p>Read the full article here: http://www.teambeachbody.com/about/newsletters/-/nli/292</p>	
Day 6	Motivation	<p>Check out Kerri's amazing transformation with Brazil Butt Lift®!</p> <p>http://www.youtube.com/watch?v=5GhQaSytav8</p>	

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Week 3

Day 1: Sculpt

Day 2: Cardio Axe

Day 3: Sculpt



Day 4: High & Tight

Day 5: Sculpt

Day 6: Bum Bum, Tummy Tuck

Day 7: Rest Day




WEEK 3

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	<p>Watch what Leandro has to say this week! http://youtu.be/jFL8uep2eTA</p> <p>And always:</p>	 <p>Download Now</p>
Day 2	Fitness	<p>Don't give up on following the calendar, it's very important to stick to the schedule and keep working out with Brazil Butt Lift®. If you have a day where you are running short on time, try Bum Bum Rapido—a 10-minute cardio workout that's easy to fit into your day! Even 10 minutes of working out is better than skipping altogether.</p>	
Day 3	Nutrition	<p>Check out the back of the Fat Burning Food Guide for some handy tips on eating out. Don't let eating out be an excuse to stray from the plan—there are plenty of ways to stay healthy when away from home.</p>	
Day 4	Motivation	<p>Check out Michelle M.'s amazing transformation with Brazil Butt Lift® + Shakeology®!</p> <p>"The greatest benefit was the fact that I started to eat healthier and stay away from sugary sweets once I started drinking Shakeology. With Brazil Butt Lift my back problems seemed to go away as my back got stronger. My posture got better, my butt got round and lifted. The cellulite burned off my legs and butt and I lost 15 lbs.!"</p>	 <p>Download Now</p>

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WEEK 3

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 5	Shakeology	<p>Real talk: Are you feeling digestive discomfort at this stage in the game? Try using ½ scoop of Shakeology®, twice daily—then slowly work up to 1 full scoop per serving.</p> <p>OR</p> <p>Are you having trouble "going"? Make sure you drink lots of water. Plus, consider adding some healthy fats to your diet, like coconut oil, olive oil, or avocados. Stick with it! A survey from May 2013 shows that if you drink Shakeology every day, your digestion and regularity may improve!</p>	 <p>shakeology In a recent survey of daily Shakeology® drinkers:</p> <p>82% reported improved digestion.*</p> <p>Shakeology's proprietary blend of prebiotics and probiotics help create a healthy intestinal tract.</p> <p><small>*Based on a survey of 874 Shakeology users with digestion concerns who drank Shakeology 5 or more times per week and exercised 3 times per week. †These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p>  <p>shakeology In a recent survey of daily Shakeology® drinkers:</p> <p>91% said it helped improve their regularity.*</p> <p>Shakeology's fiber and probiotics help keep your pipes clean—very clean.</p> <p><small>*Based on a survey of 1,158 Shakeology users with regularity concerns who drank Shakeology 5 or more times per week and exercised 3 times per week. †These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p>
Day 6	Motivation	"Discipline is the bridge between goals and accomplishment."—Jim Rohn	 <p>Download Now</p>

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Week 4

Day 1: Bum Bum, Tummy Tuck

Day 2: High & Tight

Day 3: Sculpt


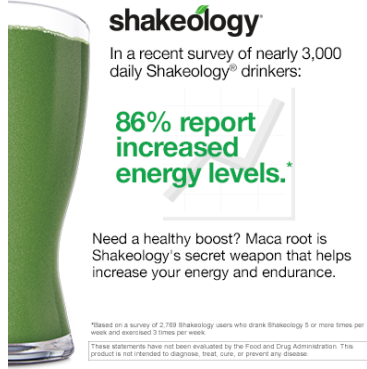
Day 4: Bum Bum, Tummy Tuck

Day 5: Cardio Axe

Day 6: Sculpt

Day 7: Rest Day

WEEK 4

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video and Day 30 Photos	<p>Check out this week's video from Leandro! http://youtu.be/LBc83qvCoIQ</p> <p>And get ready to take your Day 30 photos at the end of the week. Let's see what progress you've made!</p>	
Day 2		<p>It's time to up the resistance! Add resistance to your workouts if you haven't already, or increase the resistance to the green or red bands and add ankle weights during the High & Tight workout. If you need equipment, I can help you get the gear you need. More resistance and heavier weights = faster results!</p>	 <p>Download Now</p>
Day 3	Nutrition	<p>Need more energy before a workout? Try drinking Shakeology® 1 hour before you are ready to begin. The protein and powerhouse superfoods like maca root help elevate your energy levels and stabilize your blood sugar, and will help you feel full without weighing you down.</p>	 <p>shakeology In a recent survey of nearly 3,000 daily Shakeology® drinkers:</p> <p>86% report increased energy levels.*</p> <p>Need a healthy boost? Maca root is Shakeology's secret weapon that helps increase your energy and endurance.</p> <p><small>*Based on a survey of 2,000 Shakeology users who drank Shakeology 3 or more times per week and exercised 3 times per week. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p>

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WEEK 4

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Motivation	By now you've probably figured out who in your life is most supportive of the changes you are making. Look for ways to spend more time with the most positive and healthy people in your life . . . and remember this:	<p>I'M NOT TRYING TO LOOK <i>perfect...</i> i just want to feel better, look great, know I'm healthy, AND BE ABLE TO ROCK any outfit I choose. Download Now</p>
Day 5	Fitness	Today was your third time through Cardio Axe, and you're probably feeling more confident with the choreography. If you make mistakes, don't worry! Just do your best and keep moving.	
Day 6	Shakeology	Tropical Strawberry Shakeology®, anyone? Try Berry Surprise: 1 scoop Tropical Strawberry Shakeology, 1 cup unsweetened almond milk, ½ cup berry medley, 1 banana	
Day 7	Fitness	Is anyone using Team Beachbody® to help track your diet or workouts? What tools are you finding useful? If you haven't spent a lot of time on the site, check out all the cool stuff at TeamBeachbody.com.	

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Week 5

Day 1: Bum Bum, Tummy Tuck

Day 2: High & Tight

Day 3: Sculpt


Day 4: Cardio Axe

Day 5: Bum Bum, Tummy Tuck

Day 6: High & Tight

Day 7: Rest Day



WEEK 5

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	See what Leandro has to say this week! http://youtu.be/LwIRloovahU	
Day 2	Fitness Tip	Want to get more POP in that bum bum? Want it to be a little higher and more firm? Add more weight when doing your High & Tight workouts! This one is adjustable to 1 to 5 lbs. So start light and work your way up! Message me for how to get these weights (and don't forget those Day 30 photos if you haven't taken them already!)	 Download Now
Day 3	Nutrition	By now you are probably noticing changes in your appearance. One of the most difficult areas to target is your belly—check out Leandro's three tips to get rid of stubborn belly fat. www.teambeachbody.com/connect/message-boards/-/message_boards/message/171564764	
Day 4	Motivation	Watch how Michelle S. transformed her body with Brazil Butt Lift® just in time for a cruise vacation! http://www.TeamBeachbody.com/Watch/Success-Stories/Brazil-Butt-Lift	

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WEEK 5

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 5	Shakeology	<p>This recipe is oh-so-simple, yet oh-soooooo tasty. Tastes like mint chocolate chip ice cream!</p> <p>Frozen Mint Chocolate (163 calories)</p> <p>1 scoop Chocolate Shakeology®</p> <p>½ tsp. mint extract</p> <p>1 cup water</p> <p>1 cup ice</p>	 <p>Download Now</p>
Day 6	Motivation	<p>"You miss 100% of the shots you don't take."—Wayne Gretzky</p> <p>Congrats for taking the shot to get fit and change your life with Brazil Butt Lift®, and remember:</p>	 <p>Download Now</p>

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Week 6

Day 1: Sculpt

Day 2: High & Tight

Day 3: Bum Bum, Tummy Tuck

Day 4: High & Tight

Day 5: Sculpt

Day 6: High & Tight

Day 7: Rest Day

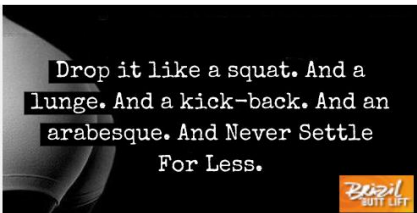

WEEK 6

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Take a look at Leandro's message this week! http://youtu.be/8kOTMQO-yZk	
Day 2	Fitness	If you don't have time to do your whole workout at once, break it up between morning and night. It's just as effective to do two 30-minute workouts separately as it is to stack them into 1 full hour. Just don't forget to warm up and cool down each time!	
Day 3	Shakeology	Try this yummy Shakeology® recipe!	<p>VANILLA SHAKEOLOGY® Just one shake a day helps keep the flab away.</p> <p>Give your blender a workout with this delicious recipe:</p> <p>PB & J</p> <ul style="list-style-type: none"> 1/2 cup unsweetened almond milk 1/2 cup water 1/2 cup red grapes 2 tsp. all-natural peanut butter <p>shakeology</p> <p>Shakeology®. The Healthiest Meal of the Day®</p> <p>Download Now</p>

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WEEK 6

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Motivation	What's your favorite Brazil Butt Lift® move? Please share!	 <p>Download Now</p>
Day 5	Shakeology	Fun fact: Instead of going to a juice chain and getting a wheat grass shot for \$3, just drink Shakeology® . . . it's already in there. Even better, the wheat grass used in Shakeology is harvested in a very immature stage (freshly sprouted), so it's gluten free.	
Day 6	Nutrition Tip	Steaming vegetables preserves more nutrients than boiling them. When you boil veggies, many of their nutrients leach into the water. And the longer they're boiled, the less nutritious they become. I like to lightly steam my vegetables for just a few minutes so they're still bright and crisp. What are your favorite steamed veggies?	 <p>Download Now</p>

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Week 7

Day 1: Sculpt

Day 2: Cardio Axe

Day 3: Sculpt

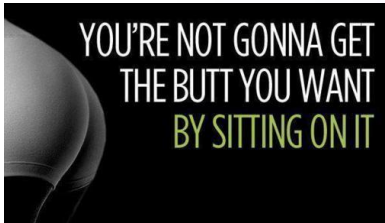

Day 4: High & Tight

Day 5: Sculpt

Day 6: Bum Bum, Tummy Tuck

Day 7: Rest Day

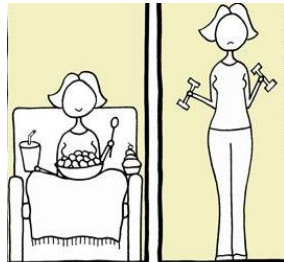
WEEK 7

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video	Check out Leandro's tip for the week! http://youtu.be/7KX_5SBjpN8	
Day 2	Fitness	Awesome job on making it to Week 7, we're almost there! What changes do you see in yourself and your body?	 Download Now
Day 3	Nutrition	Are you preparing your meals in advance? The surest way to stay on your nutritional path is not only to plan out your meals, but also to make them in advance. If your fridge is full of yummy healthy meals and snacks, you will be much less likely to stop at a drive-thru on your way home from work. So use your recovery day to make your meals.	 Download Now

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WEEK 7

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Motivation	Check out Carolyn S's Success Story with Brazil Butt Lift®! http://www.TeamBeachbody.com/Watch/Success-Stories/Brazil-Butt-Lift	
Day 5	Shakeology	Try this instead of coffee in the morning: Espresso Cinnamon: 1 scoop Chocolate Shakeology®, 1 shot chilled espresso or coffee, water to taste, 1 tsp. cinnamon	
Day 6	Motivation	"The finish line is just the beginning of a whole new race."—Unknown What is your "whole new race" after you finish Brazil Butt Lift® next week? Keep up the great work and remember . . .	 <p>FEEL A LITTLE GOOD NOW, FEEL A LOT BAD LATER.</p> <p>FEEL A LITTLE BAD NOW, FEEL A LOT GOOD LATER.</p> <p>Download Now</p>

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Week 8

Day 1: Bum Bum, Tummy Tuck

Day 2: High & Tight

Day 3: Sculpt

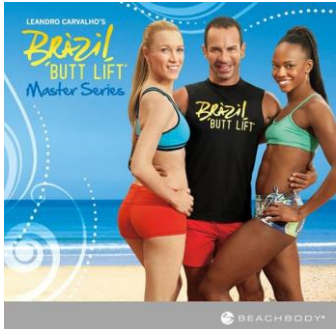
Day 4: Bum Bum, Tummy Tuck

Day 5: Cardio Axe

Day 6: Sculpt

Day 7: Rest Day



WEEK 8

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Video and Day 60 Photos	<p>Check out Leandro's video for our final week! http://youtu.be/ZKl1mqjMcRU Also, get ready to take your Day 60 photos at the end of the week. It's time to show off your results! And remember to wear the same clothes you have been wearing in your previous photos.</p>	
Day 2	Motivation	<p>Congratulations! You have made it to the final week of our Challenge! Ready to start thinking about what's next? Message me to learn more about Brazil Butt Lift® Master Series for 30 more days of advanced booty lifting!</p>	 <p>Download Now</p>
Day 3	Coach Lead Generation	<p>By now I bet a lot of people are commenting on your new look. And it feels pretty darn good, doesn't it? Well, if you've ever thought about "paying it forward" and helping someone else get results like yours, perhaps becoming a Team Beachbody® Coach is right for you. Anyone out there inspired to become a Coach? I'm sure you have a ton of questions about what's involved—so send them my way.</p>	

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WEEK 8

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Motivation	Remember those goals you set at the beginning of the program—did you achieve them? How is your life different today? Make sure to send in your photos and results to the Beachbody Challenge™ (BeachbodyChallengeContest.com) for a chance to win cash and prizes—why not? You have done the work!	
Day 5	Health Tip/ Benefits	You CAN keep the weight off! Studies show that people who eat breakfast every day are less likely to regain the weight they recently lost. And by eating a protein-rich breakfast (like Shakeology®), you'll feel full longer, plus you won't have the urge to snack throughout the day.	 <p>shakeology</p> <p>In a recent survey of nearly 3,000 daily Shakeology® drinkers:</p> <p>81% said Shakeology kept them full until their next meal.*</p> <p>And since you feel fuller longer, you're less likely to snack on junk food!</p> <p><small>*Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and consumed 2 meals per week. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p>
Day 6	Fitness	Congrats to you all on the fitness and nutrition changes you have made these past 8 weeks. What do you plan to do to maintain your sexy new bum bum? If you haven't already, please take your Day 60 photos and submit them to BeachbodyChallengeContest.com for a pair of FREE booty shorts. You earned them! And always remember:	 <p>Lesson one: Only trust people who like big butts... They cannot lie.</p> <p>your eCards somecards.com</p> <p>Download Now</p>