

# LIVE FEED SCHEDULE FOR HEARTBUTT TITLES AND SUBTITLES:

## Pre- Contest

How to prepare for HeartButt: Get your supplies and attitude on point with Q/a

## Week 1

The Role of the hip flexors: How these obscure muscles can contort your body and SHUT DOWN the butt muscles with Q/A

## Week 2

Posture is KEY: Having your butt muscles fire as part of daily movement with Q/A

## Week 3

Everything FasciaBlasting: How to FasciaBlast light and deep for the look you want with Q/A

## Week 4

Butt Muscles ON FIRE: Learning the art of surging and visualization with Q/A

## Week 5

Banana Roll Explained: The lumps in the hamstrings ain't always the hamstring's fault with Q/A

## Week 6

The role of nutrition in fascia and muscle growth: Gotta eat! with Q/A

## Week 7

The importance of recovery: Hydration, cold baths, AfterBlaster and flushing with Q/A

## Week 8

Advanced FasciaBlasting: How to handle chunks, dents and stubborn spots Q/A

## Week 9

Partner Blasting: When it's time to up that leverage game Q/A

## Week 10

New variations on Heart Butt exercises: taking it to the next level Q/A

## Week 11

The role of stress on changing your body: when the physical is not enough and strategies to overcome Q/A

## Week 12

WINNERS! \$\$\$\$ prizes etc.



# THE HEART BUTT CHALLENGE

### 1<sup>ST</sup> PRIZE

\$1000 Visa Card & Celebrity Bag

### 2<sup>ND</sup> PRIZE

\$500 Visa Card & Celebrity Bag

### 3<sup>RD</sup> PRIZE

\$100 Visa Card & Celebrity Bag

