

THE HOURGLASS SHAPE WORKOUT PLAN:

Suggested 4-Week Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	<u>The Hourglass Shape Workout</u>	<u>30-Minute HIIT It Hard</u>	<u>30-Minute Power Interval Walk</u>	<u>The Hourglass Shape Workout</u>	<u>25-Minute Cardio Boot Camp Boogie</u>	<u>30-Minute Weight Loss Cardio Sculpt</u>	Active Rest Day
Week 2	<u>30-Minute HIIT It Hard</u>	<u>The Hourglass Shape Workout</u>	<u>25-Minute Cardio Boot Camp Boogie</u>	<u>30-Minute Weight Loss Cardio Sculpt</u>	<u>30-Minute Power Interval Walk</u>	<u>The Hourglass Shape Workout</u>	Active Rest Day
Week 3	<u>The Hourglass Shape Workout</u>	<u>25-Minute Cardio Boot Camp Boogie</u>	<u>The Hourglass Shape Workout</u>	<u>30-Minute HIIT It Hard</u>	<u>The Hourglass Shape Workout</u>	<u>30-Minute Power Interval Walk</u>	Active Rest Day
Week 4	<u>30-Minute HIIT It Hard</u>	<u>The Hourglass Shape Workout</u>	<u>25-Minute Cardio Boot Camp Boogie</u>	<u>The Hourglass Shape Workout</u>	<u>30-Minute Power Interval Walk</u>	<u>30-Minute Weight Loss Cardio Sculpt</u>	Active Rest Day