

THE PEAR SHAPE WORKOUT PLAN:

Suggested 4-Week Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	The Pear Shape Workout	30-Minute HIIT It Hard	15-Minute Lower Body Barre	The Pear Shape Workout	40-Minute Belly, Buns And Thighs Walk	30-Minute HIIT It Hard	Active Rest Day
Week 2	30-Minute HIIT It Hard	The Pear Shape Workout	40-Minute Belly, Buns And Thighs Walk	The Pear Shape Workout	15-Minute Slim Saddlebags + 15-Minute Lower Body Barre	The Pear Shape Workout	Active Rest Day
Week 3	The Pear Shape Workout	15-Minute Slim Saddlebags + 15-Minute Lower Body Barre	The Pear Shape Workout	40-Minute Belly, Buns And Thighs Walk	30-Minute HIIT It Hard	The Pear Shape Workout	Active Rest Day
Week 4	30-Minute HIIT It Hard + 15-Minute Lower Body Barre	The Pear Shape Workout	15-Minute Slim Saddlebags	The Pear Shape Workout	40-Minute Belly, Buns And Thighs Walk	30-Minute HIIT It Hard	Active Rest Day