

THE
14 DAY SHRED
HEALTH & FITNESS
CHALLENGE

**10 MINUTE BODY WEIGHT
WORKOUTS
& SIMPLE FOOD HACKS
TO SHAPE YOUR BODY**



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The 14 Day Shred Challenge

Welcome to the 14 Day Shred Health and Fitness Challenge! Congratulations on taking positive steps toward your health and your body! Here is a short and fun 14 day challenge that will give you a boost on creating new great habits toward your 2023 resolutions.

You can expect to lose an inch off of your body's circumference, and even drop 10 pounds within the next 14 days! How is that for a Happy New Year?

Challenge Materials

Full 14 Day Workout Plan

Enclosed in this challenge is a complete workout plan for 14 days including rest days. The workouts are low impact, body shaping and beginner friendly. Even if you have not exercised in years, you will be able to complete these daily workouts

14 Day Easy Nutrition Guide

There is a 3 point nutrition plan that is challenging yet unrestrictive. Use it as a guide to fit **your** needs.

14 Day Body Measurement Tracker

Fill in the date. Weight yourself each day. This may be painful, but this is a surefire way to track your progress. Fill in your body's numbers in the appropriate box.

14 Day Daily Food Tracker

Write or type your meals for the day. There is space for 4 meals. If you snack throughout the day, write all of the things you eat under the "snack" section.

How to Get the Most out of Your Challenge

1. Do the workouts each day. Check the boxes when you have completed them, that's half of the fun!
2. Follow the nutrition guidelines. There are only 3 short points.
3. Record your progress each day (everything that you eat and measure and weigh yourself each day) in the measurement tracker and daily food tracker. Tracking is an essential step that should not be skipped for maximum results.
4. [Follow Pear Shaped Fitness on Instagram](#) for daily inspiration.

5. Join the discussion in the community! Your invite link is in your email. Post your progress, meal ideas, motivation, girl chat, vent, ask and answer questions, and more! Let's be there for each other.

The 14 Day Shred Challenge

Workout Plan

Here is the low impact beginner friendly workout plan. These workouts are quick and easy to do, yet they create a full body workout that works various muscles in your body at the same time to help you shred body fat. No equipment is needed. You can use a mat and a pillow to cushion your knees for the pushups. This is a challenge, so there are only 2 rest days, but they are strategically placed so you can do the workouts each day without getting tired or burnt out. You can do it!

Pro Tips: Try not to take breaks in between each exercise. Keeping your heart rate up helps you shred! Take a short 10-15 second break before starting the next set. The full workout can be finished in 10-15 minutes.

Do you want to accelerate your progress? Do the daily workouts twice a day- in the morning and then again at night!

Day 1

- ☐ 10 Knee Push Ups
- ☐ 10 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 20 Crunches
- ☐ 10 Second Plank
- ☐ 10 Squats
- ☐ Repeat 2 times (3 sets total) to your favorite music!

Day 2

- ☐ 10 Knee Push Ups
- ☐ 10 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 20 Crunches
- ☐ 10 Second Plank
- ☐ 10 Squats
- ☐ Repeat 2 times (3 sets total) to your favorite music!

Day 3

- ☐ 10 Knee Push Ups
- ☐ 10 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 20 Crunches
- ☐ 15 Second Plank
- ☐ 10 Squats
- ☐ Repeat 3 times (4 sets total) to your favorite music!

Day 4

Rest or take a walk. Clean up around the house... anything to stay active! Are you feeling good? Repeat Day 3!

Day 5

- ☐ 15 Knee Push Ups
- ☐ 15 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 25 Crunches
- ☐ 20 Second Plank
- ☐ 15 Squats
- ☐ Repeat 3 times (4 sets total) to your favorite music!

Day 6

- ☐ 15 Knee Push Ups
- ☐ 15 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 25 Crunches
- ☐ 25 Second Plank
- ☐ 15 Squats
- ☐ Repeat 3 times (4 sets total) to your favorite music!

Day 7

- ☐ 15 Knee Push Ups
- ☐ 20 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 30 Crunches
- ☐ 30 Second Plank
- ☐ 20 Squats
- ☐ Repeat 3 times (4 sets total) to your favorite music!

Day 8

- ☐ 15 Knee Push Ups
- ☐ 20 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 30 Crunches
- ☐ 35 Second Plank
- ☐ 20 Squats
- ☐ Repeat 3 times (4 sets total) to your favorite music!

Day 9

Rest or take a walk. Clean up around the house... anything to stay active! Are you feeling good? Repeat Day 8!

Day 10

- ☐ 20 Knee Push Ups
- ☐ 20 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 35 Crunches
- ☐ 40 Second Plank
- ☐ 25 Squats
- ☐ Repeat 3 times (4 sets total) to your favorite music!

Day 11

- ☐ 20 Knee Push Ups
- ☐ 20 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 35 Crunches
- ☐ 45 Second Plank
- ☐ 25 Squats
- ☐ Repeat 3 times (4 sets total) to your favorite music!

Day 12

- ☐ 25 Knee Push Ups
- ☐ 25 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 40 Crunches
- ☐ 50 Second Plank
- ☐ 30 Squats
- ☐ Repeat 3 times (4 sets total) to your favorite music!

Day 13

- ☐ 25 Knee Push Ups
- ☐ 25 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 40 Crunches
- ☐ 55 Second Plank
- ☐ 30 Squats
- ☐ Repeat 3 times (4 sets total) to your favorite music!

Day 14

- ☐ 30 Knee Push Ups
- ☐ 30 Flutter Kicks (Kicking both legs counts as 1.)
- ☐ 45 Crunches
- ☐ 1 Minute Plank
- ☐ 35 Squats
- ☐ Repeat 3 times (4 sets total) to your favorite music!

The 14 Day Shred Challenge

Nutrition Plan

Pear Shaped Fitness' mission is to show that you can get results without cutting out your favorite foods or undoing your lifestyle. Therefore do not expect a restrictive eating plan for this 14 Day Shred Challenge.

Here are the 3 main things this challenge will focus on:

1. Limit your sugar intake
2. Limit your carbohydrate intake (anything made with flour such as cookies, bread, bagels, pasta, cakes, and sugary drinks etc.)
3. Record what you eat.

“Limit” means to cut your consumption by 50 percent. If you eat dessert every night, challenge yourself to only eat dessert 3 or 4 times in a week. During the second week of the challenge, maybe you can cut this down by another 50 percent! Listen to your body and eat in a way that will cause you to make good lasting habits and not feel deprived.

You are free to eat and enjoy everything else during the challenge. This is to show you how much you can transform your body by just cutting down on the amount of sugar and carbohydrates you eat.

If you get tired of cooking at home and you want to know what to eat at restaurants, get [Your Complete Healthy Eating Restaurant Guide here](#) for over 100+ healthy and delicious food options to eat and enjoy during the holiday season and beyond.

But why #3? Recording or writing down what you eat will help you to make better decisions about what you are eating. It tells you exactly what you ate and if you should receive praise or make some changes.

Are You Ready to Get Your Shapely Body?

Enroll Today in The Proven 4 Step Method Program

To Get The Feminine Shapely Body of Your Dreams Without Starving Yourself or Exercising For Hours At A Time... and with results that ACTUALLY last!

[Click Here to Learn More](#)

Learn The Proven 4 Step Method that Allison used to go from a Dress Size of 14 to a Size 6 in 6 weeks! While still eating her favorite foods and without exercising for hours each day!



Loading The Body of Your Dreams ...

Great job on completing the 14 Day Shred Challenge! How do you feel? Do you want to keep your momentum and progress going? If you do not already have that cinched waist and well defined hips, what is stopping you from getting the body of your dreams? What additional tools or information would you need to help you get what you want? How about a comprehensive yet beginner friendly program that has continued support after it is over? How about a Proven Method that caused Allison to go from a dress size of 14 to 6 in only 6 weeks?

In this program women just like you have learned how to create **their own** complete healthy lifestyle that keeps their feminine shapely body intact- all year long! You too can learn The Proven 4 Step Method that has helped Pear Shaped Fitness' satisfied customers drop an average of 4 dress sizes and keep it off since 2020 while still eating their favorite foods and by exercising as little as 15 minutes a day!

In the Program You Uncover

- ❖ The knowledge of everything you need to jump start your health journey (or get it back on track)
- ❖ Simple low impact beginner friendly exercises just like the ones from this challenge to shape your body and keep the weight off
- ❖ A complete nutritional breakdown of calories and macronutrients and how to use them to plan your meals
- ❖ Expert tips on how to craft your meals so that they are healthy and delicious! **(If you wish healthy food was more delicious, this program is for you!)**

You Get

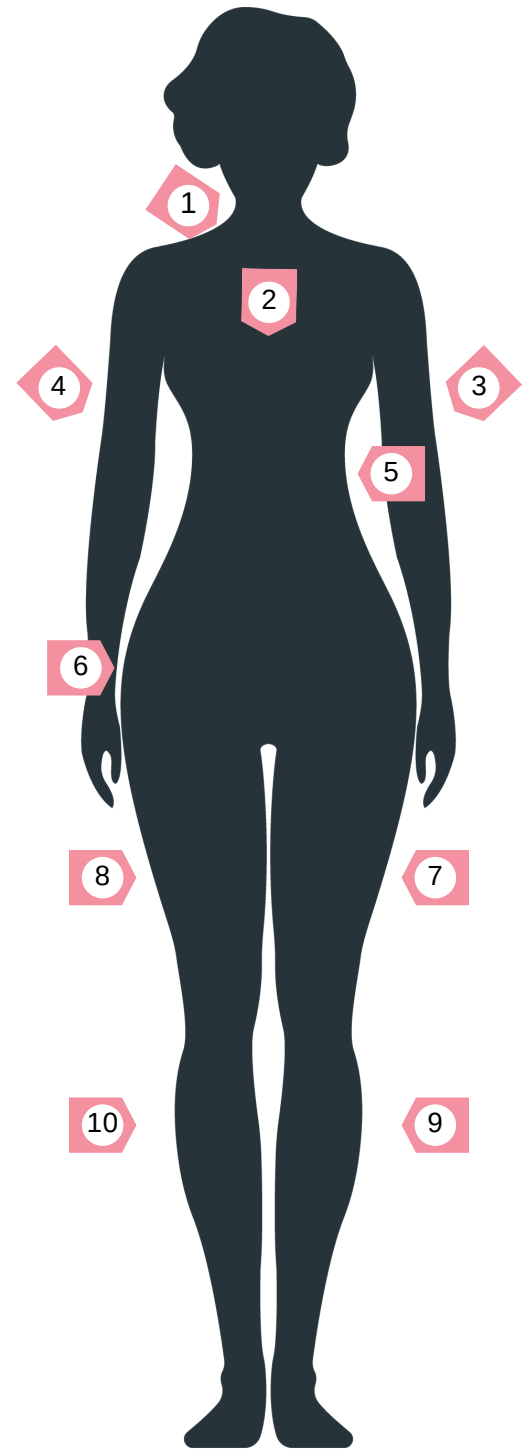
- ❖ Proven tips for putting your new routine on Autopilot so that you stick to it and do it automatically even when you do not feel motivated!
- ❖ How will you know if The Proven 4 Step Method is working for you? You will learn exactly how to measure your results and what to expect!
- ❖ PLUS Access to Allison and others just like you for the lifetime of your health and fitness journey

Are you ready to get the feminine shapely body of your dreams!? [Click Here Now to Learn More and Enroll Now in the Proven 4 Step Method Body Shaping Program.](#)

14 DAY SHRED

BODY MEASUREMENT TRACKER

BEFORE		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	



14 DAY SHRED

BODY MEASUREMENT TRACKER

DAY 1		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

DAY 2		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

DAY 3		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

14 DAY SHRED

BODY MEASUREMENT TRACKER

DAY 4		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

DAY 5		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

DAY 6		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

14 DAY SHRED

BODY MEASUREMENT TRACKER

DAY 7		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

DAY 8		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

DAY 9		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

14 DAY SHRED

BODY MEASUREMENT TRACKER

DAY 10		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

DAY 11		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

DAY 12		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

14 DAY SHRED

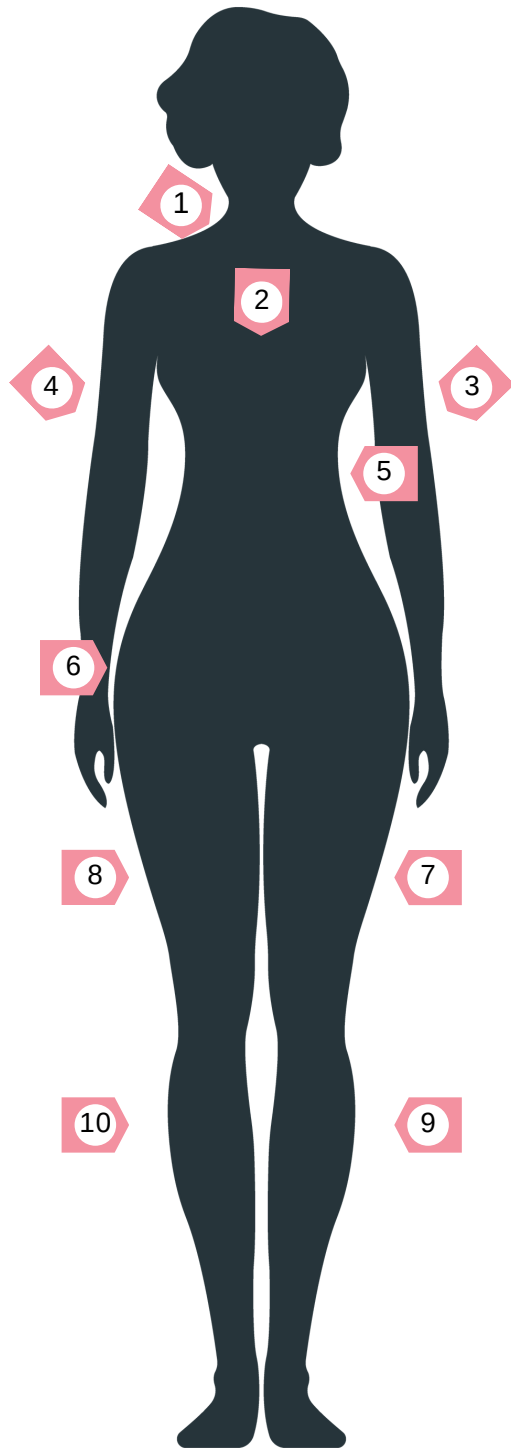
BODY MEASUREMENT TRACKER

DAY 13		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

DAY 14		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

14 DAY SHRED

BODY MEASUREMENT TRACKER



AFTER		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

14 DAY SHRED

DAILY FOOD

TRACKER

WHAT I ATE: DAY 1

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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WHAT I ATE: DAY 2

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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14 DAY SHRED

DAILY FOOD

TRACKER

WHAT I ATE: DAY 3

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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WHAT I ATE: DAY 4

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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14 DAY SHRED

DAILY FOOD

TRACKER

WHAT I ATE: DAY 5

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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WHAT I ATE: DAY 6

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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14 DAY SHRED

DAILY FOOD

TRACKER

WHAT I ATE: DAY 7

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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WHAT I ATE: DAY 8

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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14 DAY SHRED

DAILY FOOD

TRACKER

WHAT I ATE: DAY 9

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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WHAT I ATE: DAY 10

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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14 DAY SHRED

DAILY FOOD

TRACKER

WHAT I ATE: DAY 11

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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WHAT I ATE: DAY 12

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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14 DAY SHRED

DAILY FOOD

TRACKER

WHAT I ATE: DAY 13

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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WHAT I ATE: DAY 14

DAY & DATE

BREAKFAST

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LUNCH

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SNACK

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DINNER

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