



# How to Improve your Pear-Shaped Body - Simple Exercises to Help Emphasize your Best Features (Fit Expert Series)

*Andy Charalambous*

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## **How to Improve your Pear-Shaped Body - Simple Exercises to Help Emphasize your Best Features (Fit Expert Series)** Andy Charalambous

So you have been blessed with a pear-shaped body. Many women with this body type feel as though they have been cursed, not blessed!

Here's the thing, if you follow the right advice and do the right exercises you can actually create a very sexy looking pear-shaped figure.

Ok, so you cannot change your genetics no matter how amazing the exercises are but you can learn how to emphasize your best areas and de-emphasize your worst areas.

This book has been specifically put together to give any woman with a pear-shaped body the tools to improve how they look.

Each chapter looks at different forms of training such as holistic solutions, Yoga, nutrition, weight-training and more.

“How to Improve your Pear-Shaped Body” has detailed advice and practical exercises and routines created by four health and fitness experts just for this book.

The information is concise and the exercise routines are easy to follow. In some chapters images are used to help you understand how the movements are performed which makes the whole process much simpler.

You will discover that having a pear-shaped body really isn't so bad if you know how to tweak and shape certain areas.

That's not all!!

By dedicating a little time each week to following the tips and techniques in this book you will also begin to notice an increase in fat loss. Within a few weeks your body will begin to tone up in certain areas giving it a more proportionate look.

Here is the list of fitness experts who contributed to this book:

Chanelle White

Conni Ponturo

Marianne Impal

Thomas Roe

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