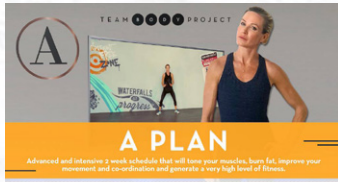


WELL DONE! You completed the program!

WHERE NEXT?



**A Plan complete!** It's your choice which program to do next but, to help you decide, we have carefully selected 4 different options for you to try. Click any option below to start your next program!

1



### OUR TOP CHOICE!

**Alex Fit** is another high intensity, high energy workout plan from the Alexandra school of exercise...you know what that means. Sweat and results!

2



### RESISTANCE ROUTE

**Warrior** is an excellent plan if strength and tone is your main objective. It does require slightly heavier weights and perhaps more than 2 or 3 sets to get the most from what it has to offer. It does feature a little cardio to accompany the resistance, at the end of each workout, and once a week in a short intense session.

3



### DIFFERENT ROUTE

If you found the difficulty and challenges within A plan right for you, you're going to love **The Intensive Plan**. It offers a different range of workout types, but a high and continuous challenge level.

4



### NOT READY TO MOVE ON YET? Why should I repeat a program?

1. You know what's coming next, so you're ready to get more from the session.
2. You understand what is expected of the movements, meaning better movements and better results.
3. You lay stronger foundations for a future of exercise and health.