

WELL DONE! You completed the program!

WHERE NEXT?



Alex Fit 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!

Blaze is all about the music, the energy and the intensity. This plan is pure Alex - which means the sweat, and the results, will be real.

2



A DIFFERENT ROUTE

Total does everything it promises. Every workout, a full body experience across resistance and cardio with plenty of core work. A big plan with big results.

3



WANT SOME VARIETY?

Intensive is neat follow on from A-fit. If you found the difficulty and challenges within A-fit 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.