

WELL DONE! You completed the program!

WHERE NEXT?



Apprentice 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!

The Graduate Plan is a notoriously challenging plan, and many who come straight from Apprentice find the step up a little too much. If you felt that the Apprentice plan was in your comfort zone and feel ready to step up a level, Graduate is for you.

2



A DIFFERENT ROUTE

Essentials is a fabulous follow on from Apprentice, it features a perfect balance of cardio, resistance and core work in every workout - so you can always be sure of covering fat burning, toning and core goals. This is a plan we recommend all members attempt at some stage.

3



WANT SOME FUN?

TWT is fun! It offers a range of different exercises with lots of music based sessions, high energy workouts and a great overall feel. It was the first plan we filmed in the new studio, and we really enjoyed making it!

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.