



WELL DONE! You completed the program!

WHERE NEXT?



- Low impact
- Alex's 'Complete' range
- Resistance, cardio, abs
- One week plan

**COMPLETELIGHT**

**Complete Light 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!

**1**



- 100% low impact
- All standing
- Fun and intense

**ENERGISE**

### OUR TOP CHOICE!

**Energise** may be the most popular plan we have at Team Body Project. It's 100% standing, all low impact and lot's of fun. Take part in this if you want a high energy, but achievable plan.

**2**



2 week workout plan

- Covers all areas
- Cardio, Resistance & Core
- Most complete plan yet

**ESSENTIALS PLAN**

### A DIFFERENT ROUTE

**Essentials** 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**



Fight your way to ultimate health and fitness!

**FIGHT TO FITNESS**

### A LITTLE BOXING?

**Fight to fitness** is a wonderful plan if you love boxing, high energy and fun. It's mostly low impact, but can be adapted in the moments it isn't.

**4**



**Reset & Repeat**

### 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.