

WELL DONE! You completed the program!

WHERE NEXT?

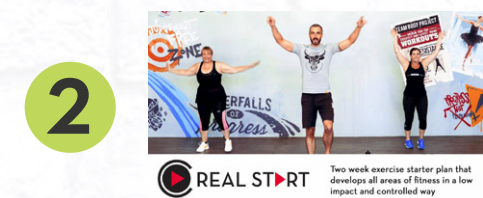


Development complete! It's your choice which program to do next but, to help you decide, we have carefully selected 4 different options for you to try. Click any option below to start your next program!



OUR TOP CHOICE!

The Trainee Plan is the natural progression from the Development plan. Trainee features a range of workouts from cardio, resistance, circuit and pilates. It features mostly low impact movements but does occasionally have higher impact that can be adapted.



A DIFFERENT ROUTE

Real Start is a natural progression from Development plan. Real Start features a blend of disciplines and is both 100% low impact and 100% standing.



A GENTLER ROUTE

Real Start Foundations is a similar difficulty level to the Development plan but with a different variety of options and with a seated option throughout.



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.