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.

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.

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.

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!

1. **The Trainee Plan**
   - Features a range of workouts from cardio, resistance, circuit and pilates.
   - Mostly low impact movements with occasional higher impact.

2. **Real Start**
   - A blend of disciplines.
   - 100% low impact and 100% standing.

3. **Real Start Foundations**
   - Similar difficulty level to Development plan.
   - Different variety of options and seated option.

4. **Reset & Repeat**
   - Consider repeating a program for:
     1. Familiarity with upcoming movements.
     2. Improved understanding of movements.

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.