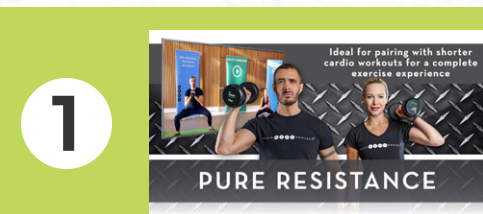


WELL DONE! You completed the program!

WHERE NEXT?

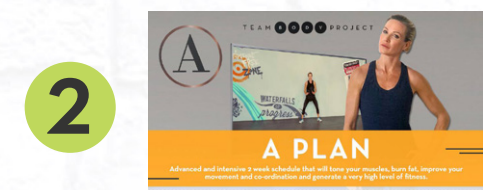


Pure Cardio complete! It's your choice which program to do next but, to help you decide, we have carefully selected 4 different options for you to try. Click any option below to start your next program!



OUR TOP CHOICE!

Pure Resistance is a great plan if strength and tone are your main objectives. It is also excellent if you want to develop a better muscle engagement and movement patterns. We would recommend you have dumbbells that challenge you sufficiently to take part in this plan.



A DIFFERENT ROUTE

The A plan is the brain child of Alex, which means it's TOUGH. The pace is fast and the energy is high - it's a challenging plan, but the results you can expect make it worthwhile!



TAKE A STEP BACK

7 Days Compassion is perfect if you want to keep moving, but feel your body is overworked and tired. Every workouts is gentle and 'compassionate' meaning your body will recover during the plan, while you can maintain the crucial habit of movement.



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.