

WELL DONE! You completed the program!


WHERE NEXT?



**REAL START PLUS**  
2 week 100% standing plan designed to further develop your fitness and strength from the REAL START plan

**Real Start Plus 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



**REAL START DOUBLE PLUS**

### OUR TOP CHOICE!

Double Plus is a varied and effective workout plan that is focused on fun, energy and results. If you liked Real Start Plus, you'll love **Real Start Double Plus**.

2




**REAL START MOVEMENT**  
Real Start Movement is a fun and challenging 'Low impact, all standing' workout plan focused on developing a love for movement.

### WANT SOME FUN?

**Real Start Movement** is a plan that is focused on movement, music and fun. An excellent choice that is low impact, all standing and very effective!

3



**ENERGISE**  
• 100% low impact  
• All standing  
• Fun and intense

### WANT A LITTLE MORE?

**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.

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.