

WELL DONE! You completed the program!

WHERE NEXT?



Resistance Cardio Starters 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



OUR TOP CHOICE!

Real Start Plus features a blend of disciplines and is both 100% low impact and 100% standing. All of the Real Start workouts feature REAL TBP members, giving them an extra special flavour!

2



A DIFFERENT ROUTE

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.

3



A TOTAL EXPERIENCE

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.

4



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.