

WELL DONE! You completed the program!

WHERE NEXT?



**Running Plan 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!



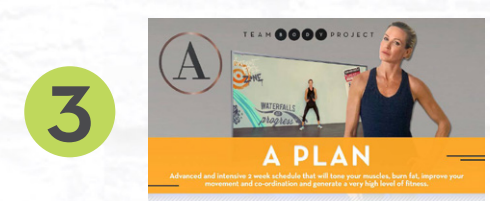
### OUR TOP CHOICE!

The **Mobilisation Plan** focuses on releasing and mobilising muscles, as well as teaching techniques for engagement and further development of movement patterns. It is not a workout plan for weight loss or strength, but it is a plan all members should take part in at least once a year.



### RESISTANCE ROUTE

**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.



### WANT A LITTLE MORE?

**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!



### 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.