

WELL DONE! You completed the program!

WHERE NEXT?



Sculpt and Tone 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



OUR TOP CHOICE!

Warrior is an excellent plan if strength and tone is your main objective. It does require slightly heavier weights and perhaps more than 2 or 3 sets to get the most from what it has to offer. It does feature a little cardio to accompany the resistance, at the end of each workout. and once a week in a short intense session.

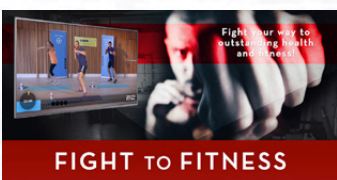
2



SOMETHING DIFFERENT?

Real Progress Mish Mash is a step up from the Real Start range. Moderate to high intensity throughout, these sessions will push you on to wonderful results. Kristen (and Daniel) are ever present to offer low impact and standing options if these are your preference. These sessions are lots of fun, why not challenge yourself.

3



A LITTLE BOXING?

Fight to Fitness is a wonderful plan if you love boxing, high energy and fun. It's mostly low impact, but can be adapted in the moments it isn't.

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.