

WELL DONE! You completed the program!

WHERE NEXT?



TWT 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 your next program!

1



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.

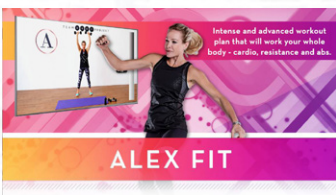
2



LIKE SOME MUSIC?

Blaze is all about the music, the energy and the intensity. This plan is pure Alex - which means the sweat, and the results, will be real.

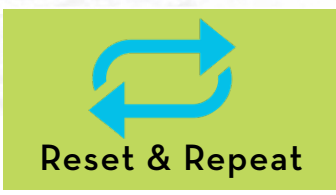
3



WANT A CHALLENGE?

Alex Fit is another high intensity, high energy workout plan from the Alexandra school of exercise...you know what that means. Sweat and results!

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.