

WELL DONE! You completed the program!

WHERE NEXT?



**Trainee 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!



### OUR TOP CHOICE!

**The Apprentice Plan** is the natural progression from the Trainee plan and includes a range of workouts from cardio, resistance, circuit and pilates. It features mostly low impact movements but does occasionally have higher impact that can be adapted. It is a step up from Trainee, so be patient with yourself if it stretches you.



### A DIFFERENT ROUTE

**Resistance Cardio Starters** is a great plan for low impact starter workouts with a blend of resistance and cardio. There are mat exercises in this plan, but most are easily adapted for seated or standing options.



### A STANDING PLAN

**Real Start Plus** is all standing and low impact. It progresses in a different way to the trainee - the moves are simpler to perform in many cases, but the intensity pushes a little harder. Real Start Plus is one of our most popular plans.



### 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.