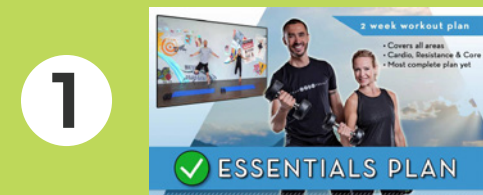


WELL DONE! You completed the program!

WHERE NEXT?



**Total 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!

Like **Total**, 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.



### 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?

Many members have suggested that no plan has left them aching quite like the **Sculpt and Tone** plan. It features regular resistance and circuit based workouts - so is great for toning and fat loss. It is a tough plan - some have said tougher than any other.



### 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.