

WELL DONE! You completed the program!

WHERE NEXT?



REAL START
>TOTALLY

2 week plan featuring music-led workouts with resistance, cardio and core in a low impact and mostly standing format.

Real Start Totally 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



REAL START
>MOVEMENT

Real Start Movement is a fun and challenging 'low impact, all standing' workout plan focused on developing a love for movement.

Includes 'BEATS' workouts!

OUR TOP CHOICE!

Real Start Movement. A plan that is focused on movement, music and fun. An excellent choice that is low impact, all standing and very effective!

2



ENERGISE

• 100% low impact
• all standing
• Fun and intense

A DIFFERENT ROUTE

Energise may be the most popular plan we have at Team Body Project. It's 100% standing, all low impact and lot's of fun. Take part in this if you want a high energy, but achievable plan.

3



TAW
TRAIN WITH ALEX

TAKE A STEP UP?

Masterfully designed sessions that cram as much as is conceivably possible into less than 30 minutes. Low impact and standing options available throughout - Train with Alex workouts are the gold standard for achievable intensity. Are you ready to 'Train with Alex'?

4



Reset & Repeat

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.