



# REAL START +PLUS

2 week 100% standing plan designed to further develop your fitness and strength from the REAL START plan

## Week 1

- Day 1 - Just Move Plus
- Day 2 - Engage Plus
- Day 3 - PT 3 Plus
- Day 4 - Walking Cardio Plus
- Day 5 - Sparta Plus
- Day 6 - Standing Pilates 3 Plus

## Week 2

- Day 1 - HIIT Plus
- Day 2 - PT 4 Plus
- Day 3 - Cardio Abs Plus
- Day 4 - High Rep Combos Plus
- Day 5 - HIIT Mix Plus
- Day 6 - Finale Plus