

WELL DONE! You completed the program!

WHERE NEXT?



Isolations 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!

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.

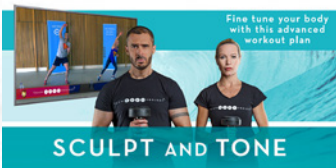
2



A DIFFERENT ROUTE

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.

3



A NEW APPROACH

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.

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.