

WELL DONE! You completed the program!

WHERE NEXT?



Mish Mash 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!

Totally is one of our most engaging workout plans. A challenging sweat fest that remains achievable despite its high intensity. Low impact options throughout, this may be the most fun plan we have. Give it a try!

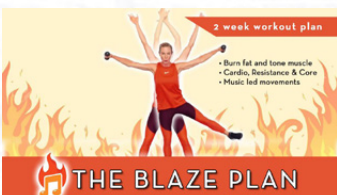
2



HAVE SOME FUN?

Double Plus is a varied and effective workout plan that is focused on fun, energy and results. It is a similar energy and vibe to Mish Mash, but with a slightly lower intensity.

3



MORE CHALLENGING

A big challenge! **Blaze** is all about the music, the energy and the intensity. This plan is pure Alex - which means the sweat, and the results, will be real. (Note: Not low impact or all standing)

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.