

WELL DONE! You completed the program!

WHERE NEXT?



Train with Alex 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!

Real Progress Mish Mash is a step up from the Real Start range. Moderate to high intensity throughout, these sessions will push you on to wonderful results. Kristen (and Daniel) are ever present to offer low impact and standing options if these are your preference. These sessions are lots of fun, why not challenge yourself.

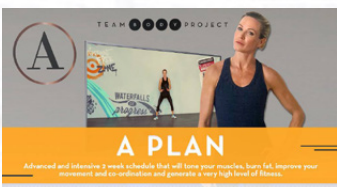
2



A DIFFERENT ROUTE

A BIG challenge, if you feel ready. **Real Start Evolve** features a blend of disciplines and is both 100% low impact and 100% standing. All of the Real Start workouts feature REAL TBP members, giving them an extra special flavour!

3



MORE CHALLENGING

A **plan** is the brain child of Alex, which means it's TOUGH. The pace is fast and the energy is high - it's a challenging plan, but the results you can expect make it worthwhile!

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.