

WELL DONE! You completed the program!

WHERE NEXT?



**Real Start Double Plus 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!

**Kick Start** is a low impact, all standing workout plan with a variety of fun and challenging workouts for all levels.

2



### HAVE SOME FUN!

**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!

3



### MORE CHALLENGING?

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



### 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.