



REAL START >KICK START

Week 1

[Day 1 - Kick Start Only Takes A Minute](#)

[Day 2 - Kick Start 2](#)

[Day 3 - Kick Start Resistance](#)

[Day 4 - Kick Start Cardio Abs](#)

[Day 5 - Kick Start Cardio Blast](#)

Week 2

[Day 1 - Kick Start Pick N Mix](#)

[Day 2 - Kick Start Single Sides](#)

[Day 3 - Kick Start Walking Cardio](#)

[Day 4 - Kick Start Pilates Fusion](#)

[Day 5 - Kick Start Finale](#)