

WELL DONE! You completed the program!

WHERE NEXT?



REAL START
KICK START

Real Start Kick Start 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



REAL START
HIIT30

OUR TOP CHOICE!

Real Start HIIT 30 is a high energy, 30-minute a day plan that predominantly (but not exclusively) features interval based sessions. Featuring a blend of cardio, resistance and core workouts. Expect to achieve fitness, fat loss, flexibility, coordination and core strength.

2



REAL START
MOVEMENT

Real Start Movement is a fun and challenging Low impact, all standing workout plan focused on developing a love for movement.

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



REAL START
EVOLVE

2 week plan to further develop your fitness from the Real Start Plus plan, also includes some mat exercises

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!

4



Reset & Repeat

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.