

WELL DONE! You completed the program!

WHERE NEXT?



**7 Days of Compassion 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!

1



### OUR TOP CHOICE!

**Real Start Foundations** is a similar difficulty level to 7 days compassion, but with a different variety of options and with a seated option throughout.

2



### WANT A LITTLE MORE?

**Resistance Cardio Starters** is a great plan for low impact starter workouts with a blend of resistance and cardio. There are mat exercises in this plan, but most are easily adapted.

3



### A DIFFERENT ROUTE

**H2O** is a short program that is ideal for you if you only have 20 minutes a day and minimum equipment! Both H2O and Express are wonderful for times when you're busy!

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.