

WELL DONE! You completed the program!

WHERE NEXT?



**Blaze 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!

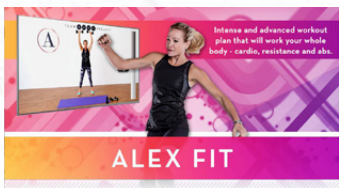
1



### OUR TOP CHOICE!

**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!

2



### A DIFFERENT ROUTE

**Alex Fit** is another high intensity, high energy workout plan from the Alexandra school of exercise...you know what that means. Sweat and results!

3



### FANCY A CHALLENGE?

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.