

WELL DONE! You completed the program!

WHERE NEXT?



Boxing Resistance 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!

Warrior is an excellent plan if strength and tone is your main objective. It does require slightly heavier weights and perhaps more than 2 or 3 sets to get the most from what it has to offer. It does feature a little cardio to accompany the resistance, at the end of each workout, and once a week in a short intense session.

2



WANT A LITTLE FUN?

If fancy a fun and engaging plan without too much structure, **The AvD plan** is a loose and relaxed calendar workouts. Alex and Daniel have chats, compete and generally enjoy working out with each other and you.

3



A TOUGH STEP UP!

Blaze is all about the music, the energy and the intensity. This plan is pure Alex - which means the sweat, and the results, will be real.

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.