

WELL DONE! You completed the program!

WHERE NEXT?



Energise 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!

Essentials features a perfect balance of cardio, resistance and core work in every workout - so you can always be sure of covering fat burning, toning and core goals. This is a plan we recommend all members attempt at some stage.

2



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!

3



WANT SOME FUN?

Totally is one of our most engaging workout plans. A challenging sweat fest that remains achievable despite its high intensity. Low impact options throughout, this may be the most fun plan we have. Give it a try!

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.