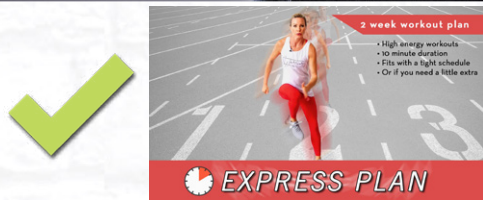
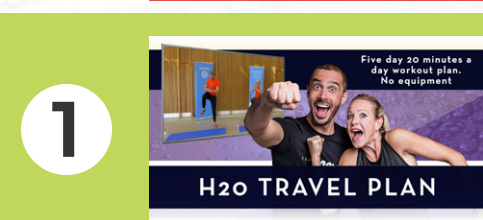


WELL DONE! You completed the program!

WHERE NEXT?



Express 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!



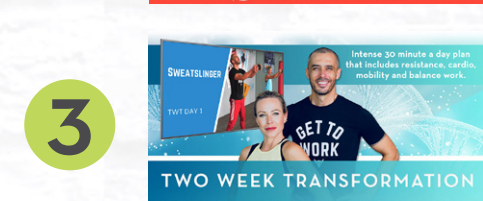
OUR TOP CHOICE!

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!



WANT A LITTLE MORE?

Energise may be the most popular plan we have at Team Body Project. It's 100% standing, all low impact and lot's of fun. Take part in this if you want a high energy, but achievable plan.



WANT SOME FUN?

TWT is fun! It offers a range of different exercises with lots of music based sessions, high energy workouts and a great overall feel. It was the first plan we filmed in the new studio, and we really enjoyed making it!



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.