

WELL DONE! You completed the program!

WHERE NEXT?



Fight to Fitness 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!

Boxing Resistance Blends resistance with cardio in a fun way. If you love boxing, this is the plan for you!

2



HAVE 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!

3



FANCY A CHALLENGE?

Real Progress Mish Mash is a step up from the Real Start range. Moderate to high intensity throughout, these sessions will push you on to wonderful results. Kristen (and Daniel) are ever present to offer low impact and standing options if these are your preference. These sessions are lots of fun, why not challenge yourself.

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.