

WELL DONE! You completed the program!

WHERE NEXT?



**Graduate 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!

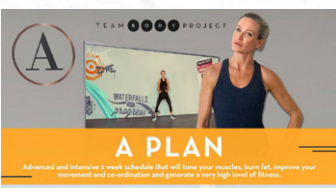
1



### OUR TOP CHOICE!

**Intensive** is the perfect follow on from Graduate - if you found the difficulty and challenges within Graduate right for you, you're going to love the intensive plan.

2



### A DIFFERENT ROUTE

**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!

3



### WANT SOME FUN?

If fancy a break from the structure of Graduate, the **AvD plan** is a much looser, more relaxed plan. Alex and Daniel have chats, compete and generally enjoy working out with each other and you.

4



Reset & Repeat

### 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.