

WELL DONE! You completed the program!

WHERE NEXT?



H2O TRAVEL PLAN

H2O 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



EXPRESS-PLAN

OUR TOP CHOICE!

Express is a two week program that is ideal for you if you only have 10 minutes a day and minimum equipment! Both H2O and Express are wonderful for times when you're busy!

2



THE Classic TRAINEE PLAN

WANT A LITTLE MORE?

Trainee features a range of workouts from cardio, resistance, circuit and pilates. It features mostly low impact movements but does occasionally have higher impact that can be adapted.

3



REAL START FOUNDATIONS

A GENTLE CHOICE

Real Start Foundations is a starter plan with a variety of different options and with a seated option throughout. It is 100% low impact and features real members, so it has an extra special vibe!

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.