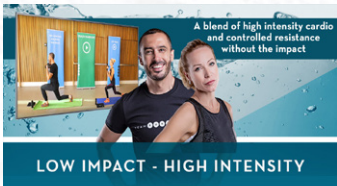


WELL DONE! You completed the program!

WHERE NEXT?



Low Impact High Intensity 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!

1



OUR TOP CHOICE!

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! This plan is a big step from Real Start Plus, so don't approach it if you are concerned whether you are ready.

2



RESISTANCE ROUTE

Warrior is an excellent plan if strength and tone is your main objective. It does require slightly heavier weights and perhaps more than 2 or 3 sets to get the most from what it has to offer. It does feature a little cardio to accompany the resistance, at the end of each workout, and once a week in a short intense session.

3



WANT SOME FUN?

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



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.