

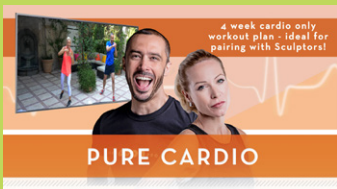
WELL DONE! You completed the program!

WHERE NEXT?



**Pure Resistance 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!

If you love the feeling of adrenaline that comes alongside hard cardio workouts, **The Pure Cardio Plan** is great for burning calories and releasing energy!

2



### MORE RESISTANCE WORK

**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



### REPLENISH YOUR BODY

**The Mobilisation Plan** focuses on releasing and mobilising muscles, as well as teaching techniques for engagement and further development of movement patterns. It is not a workout plan for weight loss or strength, but it is a plan all members should take part in at least once a year.

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.