

WELL DONE! You completed the program!

WHERE NEXT?



**REAL START**  
•EVOLVE

2 week plan to further develop your fitness from the Real Start Plus plan, also includes some mat exercises

**Real Start Evolve 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



**ENERGISE**

### OUR TOP CHOICE!

**Energise** may be the most popular plan we have at Team Body Project. It's 100% standing, all low impact and lot's of fun. Take part in this if you want a high energy, but achievable plan.

2



**TOTAL**

### A DIFFERENT ROUTE

**Total** does everything it promises. Every workout, a full body experience across resistance and cardio with plenty of core work. A big plan with big results.

3



**REAL START**  
•HIIT30

### A NEW APPROACH

**Real Start HIIT 30** is a high energy, 30-minute a day plan that predominantly (but not exclusively) features interval based sessions. Featuring a blend of cardio, resistance and core workouts. Expect to achieve fitness, fat loss, flexibility, coordination and core strength.

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.