

WELL DONE! You completed the program!

WHERE NEXT?



**Real Start Foundations 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!

**Real Start** 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!

2



### WANT A LITTLE MORE?

**Real Start Plus** 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!

3



### TAKE A STEP BACK?

**7 Days Compassion** is perfect if you want to keep moving, but feel your body is overworked and tired. Every workout is gentle and 'compassionate' meaning your body will recover during the plan, while you can maintain the crucial habit of movement.

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.