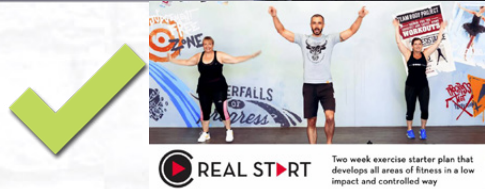


WELL DONE! You completed the program!

WHERE NEXT?



Real Start 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!



OUR TOP CHOICE!

Real Start Plus is the natural follow-on from Real Start and 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!



HAVE SOME FUN?

Double Plus is a varied and effective workout plan that is focused on fun, energy and results. If you liked Real Start, you'll love **Real Start Double Plus**.



WANT A LITTLE MORE?

Kick Start is a low impact, all standing workout plan with a variety of fun and challenging workouts for all levels.



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.