

WELL DONE! You completed the program!

WHERE NEXT?



Warrior 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!

Warrior is limited on the cardio front, whereas **The Intensive Plan** has it all. It offers a different range of workout types, but a high and continuous challenge level.

2



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



FANCY A CHALLENGE?

Masterfully designed sessions that cram as much as is conceivably possible into less than 30 minutes. Low impact and standing options available throughout - Train with Alex workouts are the gold standard for achievable intensity. Are you ready to 'Train with Alex'?

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.