

WELL DONE! You completed the program!

WHERE NEXT?



**Real Start Movement 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!

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

2



### SOMETHING DIFFERENT?

**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.

3



### TAKE A STEP UP?

**Totally** is one of our most engaging workout plans. A challenging sweat fest that remains achievable despite its high intensity. Low impact options throughout, this may be the most fun plan we have. Give it a try!

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.