

Includes 'BEATS' workouts!



Real Start Movement is a fun and challenging 'Low impact, all standing' workout plan focused on developing a love for movement.

Week 1

Day 1 - Beats
Day 2 - Movement
Day 3 - Beats 2
Day 4 - Movement Control
Day 5 - Cardio Core
Day 6 - Beats 3

Week 2

Day 1 - Four Corners
Day 2 - Beats 4
Day 3 - Resistance Core
Day 4 - Beats 5
Day 5 - Anything Goes Finale