



Two week exercise starter plan that develops all areas of fitness in a low impact and controlled way

Week 1

Day 1 - Real Start Just Move
Day 2 - Real Start Engage
Day 3 - Real Start PT
Day 4 - Real Start Walking Cardio
Day 5 - Real Start HILO
Day 6 - Real Start Standing Pilates 1

Week 2

Day 1 - Real Start PT 2
Day 2 - Real Start Intervals
Day 3 - Real Start Sparta
Day 4 - Real Start HIIT
Day 5 - Real Start Standing Pilates 2
Day 6 - Real Start Finale