

WELL DONE! You completed the program!

WHERE NEXT?



Real Start HIIT 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!

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!

2



WANT SOMETHING DIFFERENT?

Real Start Movement. A plan that is focused on movement, music and fun. An excellent choice that is low impact, all standing and very effective!

3



MORE CHALLENGING?

Real Progress Mish Mash is a step up from the Real Start range. Moderate to high intensity throughout, these sessions will push you on to wonderful results. Kristen (and Daniel) are ever present to offer low impact and standing options if these are your preference. These sessions are lots of fun, why not challenge yourself.

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.