today's workout is a hundred percent

low-impact it's all standing

it's ideal for new exercisers and people

returning to exercise and it features

real body project members enjoy welcome

to a real start plus let's get the

knees up into the hands guys get the

core nice and tight how you feeling

you ready for this Wade you

ready Angie this is the big one the real

start plus workout today and we have

Wade and Angie Mullins with us and

they're here to show you how it's done I

can't tell you how excited we are to

have these guys all the way over from

Vermont USA keep that core tight let's

get the hamstrings warm now little dip

and breathe the real Start Plus plan

takes us further than the real start

plan but please as always you can

pause whenever you want to you can take

a break whenever you need to we have got

some tough stuff coming today

it's okay we do it our way hands out in

front core tight and we open up breathe

breathe

Angie and Wade have both lost 60 pounds

using body project workouts and they're

here to show us how it's done real

people real workouts real results

breathe today we're just gonna enjoy

ourselves and we're gonna dip and reach

we're just here to move pause buttons

there pause buttons your friend whenever

you need to use it

we've got 40 seconds

on and 20 seconds off with active

marching recovery that's a challenge but

you guys have got to pick your place in

there

doesn't mean you have to do the whole

thing I just want you to finish with us

enjoy moving your body today enjoy being

with us I feel lucky to be here with

these wonderful body projectors and I

hope you feel the same little march you

feeling warm feeling ready for this

you're feeling warm already

we're gonna start with a 20 second march

we're kind of doing it now but I'm going

to officially start it in a second and

the first exercise is going to be a

hooking knee with the left hand okay so

we're going to start with the March

we're gonna pick it up three two one

core tight 20 seconds and we're gonna

move straight into that hooking knee

breathe breathe breathe I'm gonna count

us down into it enjoying that march and

coming forward in three

two one with me hooking knee there we go

so keeping nice and strong you can have

weights with you like Angie I'll be

honest I don't envy her one little bit

it's tough enough you can go slow you

can go fast it's your pace let's dig let's

work be strong nice deep breaths engage work

through you've got that water you've got

that towel at any time you can go to it

and three in two and in one that was 40

seconds of work breathe breathe get that

energy back in focus good crisp

movements good form it's not about

keeping up it's about doing it right

we're gonna go over to the other side in

three two one here we go so the opposite

side now really important we got that core

engaged

all our impact

everything we do here we will start is

one low-impact and two standing so you

could be confident that you can be

involved and work out the whole way

through that's different than saying you

have to do every single moment but you

can be doing it with us feeling this now

already three two one I'm loving this

feel the energy from these guys deep

breaths hydrate water if you need it

looking good their way the next exercise

is gonna be a shoulder raise lunge shoulder

raise lunge I finally got that which is

going to be here three two one here we

go so the pace is high you can go slow or you

can go fast it is called real Star Plus

in case you're already a little bit

upset with us for the speed and the

intensity but this is about taking your

body on that bit further feel good

wherever you are if you need to break

halfway through it's about progress not

perfection do your best

march whenever you have to be strong

three two and one and a nice march next

one is a touch and knee raise okay and

we're gonna touch and raise into the

right knee

so fast pace keep marching if you have

to three two one here we go so we touch

one knee forty seconds here you're gonna

find that that build up is intense

through the planted leg not the one that

you're raising right come on guys let's

work this it's about desire the physical

body can do so much it's in the mind

about determination that's what gets you

through the moments I know you can I

know you will in three two and one

and breathe get that water use that

towel if you need to

good work Wade loving that extra effort

I can feel it Angie and them weights all

right I so don't envy you we got

straight punches three two one

I practiced this workout the other day

I've got about 20 seconds in with

weights and I thought I'll give them to

Angie I don't think I can do that not ready for that

it's tough enough as it is keep that core

strong get them punches out

powerfully your best punches punch

someone as always at body project

you can punch anyone you like

except Angie me or Wade that's off-limits

as much as you might want to three two

and one

march it out deep breaths deep breaths

feeling good we've got this we've got

this it's the touch and knee raise

coming to the left keep marching three

two one so we come we lift the left knee

now keep that core strong you can slow

right down if you just want to put some

squats in for a second as well that's

fine you can kind of stand to like this

I might have lost everybody there but it's

important to show you some different

variations working through remember this

workout is designed to be tough please

press pause whenever you have to take an

extra break whenever you need to and

march and breathe fortunately we've got

a little bit of time off cardio now

that's the good news the bad news is

we've got some more tough work on the

legs with some sidestep resistance in

three two and one let's step it out now

work it through dig core strong we got

this

feel the burn believe in yourself

believe you can because you can and you

will

this workout it's like an Everest you

got to keep stepping up keep working on

its here to find the place that you can

get to working through three two and one

and march it out

good work there Wade loving that bud how

are you going Angie good Angie I've been

wanting to do that for years ANGIE right

I don't think Angie likes me as much as she

did before other side three two one here

we go so I like a little arm movement

remember the lower you go the tougher it

is if you feel a twinge in your lower

back just stop immediately

pushing through dig in it

working hard suck up the adrenaline 40

seconds of work keep working keep going

dig dig dig come on we can ha we will we

got this three

two one and march keep marching I'm gonna take

a little breather to it's ok take your

time don't rush the clock keeps ticking

doesn't mean you have to three two one

we've got hamstring punches now so the

opposite hamstring we squeeze that

muscle between the knee and the bum

it's called the hamstring and we throw a

punch out you can put a little dip in

there as well if you want to be strong

be focused be determined keep working

come on come on stay focused stay

engaged

dig 3 2 1

I hope you're enjoying today's workout

if you'd like to take part in the rest

of the real Start Plus plan with myself

Angie and Wade come and join us at teen

body project.com I don't really think

it's fair to have the word just anywhere

near this workout to be honest but it's

there it's there loving the energy guys

next up we've got oblique crunches it's

gonna be two crunches on each side okay

are you ready deep breathes remember you can

pump out the march or you can just walk

it out both of them are good we're

winners we're winning this is the

halfway mark

three two one here we go

two one two and again one two we pause in

the middle one two so you're really then

get that action on the oblique squeezing

that muscle down here don't worry if it

takes you a second to get it

keep working through one two one two

almost halfway well

they might have a cheeky surprise for

everybody who knows three two and one

get some water guys hydrate halfway mark

believe it or not I have designed this

workout to be enjoyed I have designed

this workout for you guys to enjoy

moving I feel like a bit of a fibber

feeling that adrenaline working through

now though yeah you're feeling good this

second half we're gonna put in even more

than the first half we're gonna really

show how we can do it how we can roll

our best effort your personal best

effort not my best not Wade's best not

Angie's best your best effort is what I

want to see now come on we've got this

we're gonna move back into the hook and

knees left hand first in three come on

in two and one let's go now come on

let's dig ah breathe it through work it

through core strong we got it we got it

come on come on

come on big effort big effort that pain

you're stronger than the pain you're

stronger than the pain you're stronger

than anything you can do this come on

work through change your body change

your life everything's coming for you

now this starts right now

it starts with the next punch it starts

with the next knee three two and one

channeling it up now feeling it work

big energy big drive big desire

three two one

come on let's do this we can

keep breathing keep that core strong

every punch every moment every single

second matters if you need to pull up to

come back and love that take a few

seconds gather yourself come back in

it's all winning every single moment

that passes push push push work three

two and one and march this is tough stuff

this is real stuff

this is the real start big breaths if I

were where you are right now and I didn't

have these guys watching I'd be taking

an extra cheeky break but I'm gonna

go three two one here we go get that

core strong engage we got it we can

perseverance resilience desire they're

the things that matter health is in the

mind more than in the body your strength

is in your character in your heart if you

like in your spirit that's where we

succeed three two and one we march next up touching

knee raises we know these are tough

we know these hurts your mind ready you

might want to march slow you can pump the

march for the good breathe breathe

in three two one

remember you do not have to touch the

floor just go as low as you can and

bring that knee up

it's the standing leg that gets that deep

burn you know what I call it,

I call that change juice it hurts yes it

burns yes but there it is

flowing through your body and changing

your body that's what matters

that's what counts we got this desire

drive determination taking it up a level

with a real start plus today

if you're here today you're a warrior

you're a winner

and you're win three two and one

make no mistake about that this is

different gravy this is another gear yet

here we are here we stand marching on in

to the power punches and I want these to

be your best punches not your second best

punches I want them to be your best you

aim them right down the pipe

three two one let's go

40 seconds I want to see come on Wade show

me that game face show me show me come on come on let's go

let's punch let's work let's get that core tight power

feeling that come on Angie come on all

the way out now all the way out look at

that speed and power that's drive that's

determination two game faces come on

come on I can't keep up with this it's

intense

so that's what we're doing we're here

for it we came here we got to put it in

personal best personal best effort come

on all the way out all the way out the

enemy's coming three two one

that is what I call an intense punching

session deep breathes we are almost there

I can see the finish line I

mean it's not right there but we're

getting there

up next three two one touching touching

knee opposite knee now feeling it

working through I am so dripping feel

like I'm standing under Niagara

Falls I gotta keep going

core strong desire now push push dig

come on you've got this they're gonna

feel the waterfalls of progress washing

over us haha

stay with it dig three two and one and

march there's not much in the tank now

there's not much in the tank but we got to do

it you've got that sidestep it's coming

next right foot planted three two one

that's a deep burn

come on come on come on let's work dig

ah

low impact standing who said you need

high impact to get a fantastic heart

raising super tough body changing life

transforming workout three two and one

and breathe and breathe the other side

the other side come on left foot planted three two

and one let's go the active recoveries

are making this level 4 work out the

official rating is 3 I'm going to tell

you now

that's the trick into you pressing play

I'll be honest I kind of make up

a little bit of a lie to getting you in come on

come on it's gotta be then you've got to

find it from somewhere this is no longer

physical understand that your body wants

to give up it wants to stop only the

mind can win at this point 3 2 & 1

oh big breathes Wade big breaths big breathes

I'm feeling it with you buddy I'm

feeling the pain we're all there it's

good pain I'm glad you think that Wade

I'm not so sure right now three two one

here we go

hamstring punches and I almost lost my

bearings

nice and strong core tight we're

actually switching out the last exercise

which was obliques before because I want

to keep the energy high and I've got a

little treat for you it's called run

punch star it's 20 seconds of each of them

back-to-back so 20 seconds of marching

fast or running 20 seconds of punches and 20

seconds and ease and 20 seconds keep

your bodies moving and 20 seconds of

your choice of stars Angie's going

high impact me and Wade we're going low

fast march or run power punches and

stars in three 60 seconds two and one here we

go

fast as you can now core strong let's

push come on come on Angie come on she's

putting some punches in I love that

spirit look at that three come on two

and one

and we're straight in punches let's go

20 seconds of punches power power come

on Wade all the way now bud all the way

all the way all the way out Angie all

the way out come on come on Wade

focusing focus it three two

and one and stars let's go 20 seconds of

stars ahh we can see the finish line

like thoroughbred horses we are running

to it that's how we feel that's who we

are

three two and one and March oh I'm

really sorry about this guy's we're

doing it again

but I'm changing the order we're gonna go

runs stars and then I want to see

punches like Bruce Muhammad Ali three

two one

start with a run the last 60 seconds

today into the star and then punch like

you mean it

come on come on let's work three two one

stars let's go stay with it

desire drive come on let's push let's

work let's dig first workout almost done

three two one and punch come on I want

to see the very most powerful punches

you've got that's it Wade come on come on

show us how it's done

everybody's there everybody's with us

fight push work come on Angie look at

the speed

ha work through now come on drive desire

push dig three come on two one come on

great job Angie great job come here

first-ever buddies project work out how

well did these guys do it is like we've

all been in the shower right yeah let's

get stretched off what a fantastic

effort keep marching keep moving little

side steps now that is what I call a

kick off workout I just figured if

you're gonna be here of filming we might

as well go in at the deep end right we

might as well just go in and get it done

how good

does it feel now how good do you feel

having done that session today little

open up at the arms we're gonna start

our stretch we'll just let that heart

rate come down it takes a little while

and stretch out right leg first with the

quad core tight nice deep breaths and

then change over to the other side

breathe in deep I am honestly still

struggling to get my breath back that's

how it's feeling like a nice stretch

through the quads low-impact I'll say

again all standing that was a body

changing change juice filled workout

core strong and as long as you're here

stretching with us whether you press

pause 20 times whether you did half of

each section or 10 percent of each

section it doesn't matter because you

can come back tomorrow and do a little

bit more if you marched through the

whole session that's great

never question yourself every moment

that you move your body is a step

towards the outcome that you want

it's not gonna be dramatic change comes

because of consistent decisions and the

day is a workout but done

however you did with it it is done it is

the win and nobody can take that away

from you now it's a win we've won it's

over