



# THE BLAST PLAN

## THE BLAST PLAN January 2021

What a year...I think all of us will want to put 2020 behind us as soon as possible and look forward to new bright beginnings.

To get this New Year off to a celebratory start, we at Blast HQ are giving you a whole extra week free. That means 28 days, rather than 21. So, the first Blast plan of 2021 will start on Saturday 16 January and it will end 28 days later on Friday 12 February. All for the same price.

That is a whole 4 weeks in the company of us, the Blast team, who will hold your hand for the whole time, guiding you towards even greater results.

Of course, you can duck out any time you like, but why would you?

### What do you get for your extra week?

There will be brand new workouts for the 4<sup>th</sup> week, new Seniors, new Pilates and new Interval Training sessions. All brand new, never seen before. You can take advantage of these or go back over the previous three weeks' workouts and give them a better shot, the choice is yours.

Every day on the 21 Day Blast Plan you receive an email from me. They're full of chat, facts and myth busting and stuff to keep you motivated. You'll get another of these every day for the extra week too. And if you're thinking of booking onto the Blast Two Plan, which includes weekly measurement check-ins with a Blast Two leader, then that means an extra week of this too. Oh, the value of accountability!

For the entire 28 days, the Blast team will be at their laptops ready to answer questions, offer support, dish out pokes in the ribs when required and generally be there for all of you, across both Plans.

A whole week free. For the first time ever.

We can't wait. Join us.

Booking closes on Friday 15 January.

See you there.  
Annie x