The silent recitation of the Amidah concludes with a personal prayer or one of the following:

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

When the Amidah is to be repeated aloud, we turn back to page 185.
Otherwise, we continue with Kaddish Shalem on page 203.
An individual praying without a minyan may turn to Ein Keiloheinu, page 204.