



tai CHENG™



✓ CHECK OFF YOUR PROGRESS

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WEEK 1	DISC 1	● NEURAL REBOOT 1 ● TAI CHI • STANDING STANCES • LIFT & LOWER	● NEURAL REBOOT 1 ● TAI CHI • PHOENIX TAIL	● NEURAL REBOOT 1 ● TAI CHI • WARD OFF	● NEURAL REBOOT 1 ● TAI CHI • PULL BACK	● NEURAL REBOOT 1 ● TAI CHI • PRESS	● NEURAL REBOOT 1 ● TAI CHI • SEPARATE & PULL
WEEK 2	DISC 2	● NEURAL REBOOT 1 ● TAI CHI • LIFT & LOWER • PHOENIX TAIL COMBO	● NEURAL REBOOT 1 ● TAI CHI • WARD OFF • PULL BACK COMBO	● NEURAL REBOOT 1 ● TAI CHI • PRESS • SEPARATE & PULL COMBO	● NEURAL REBOOT 1 ● TAI CHI • LIFT & LOWER • PHOENIX TAIL COMBO	● NEURAL REBOOT 1 ● TAI CHI • WARD OFF • PULL BACK COMBO	● NEURAL REBOOT 1 ● TAI CHI • PRESS • SEPARATE & PULL COMBO
WEEK 3	DISC 3	● NEURAL REBOOT 1 ● TAI CHI • SEQUENCE 1	● NEURAL REBOOT 1 ● TAI CHI • SEQUENCE 1	● NEURAL REBOOT 1 ● TAI CHI • SEQUENCE 1	● NEURAL REBOOT 1 ● TAI CHI • SEQUENCE 1	● NEURAL REBOOT 1 ● TAI CHI • SEQUENCE 1	● NEURAL REBOOT 1 ● TAI CHI • SEQUENCE 1
		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WEEK 4	DISC 4	● NEURAL REBOOT 2 ● TAI CHI • PUSH	● NEURAL REBOOT 2 ● TAI CHI • SINGLE WHIP	● NEURAL REBOOT 2 ● TAI CHI • RAISE HAND	● NEURAL REBOOT 2 ● TAI CHI • PULLING KNEE	● NEURAL REBOOT 2 ● TAI CHI • BEAR COMES OUT OF CAVE	● NEURAL REBOOT 2 ● TAI CHI • WHITE CRANE SPREADS WINGS
WEEK 5	DISC 5	● NEURAL REBOOT 2 ● TAI CHI • PUSH • SINGLE WHIP COMBO	● NEURAL REBOOT 2 ● TAI CHI • RAISE HAND • PULLING KNEE COMBO	● NEURAL REBOOT 2 ● TAI CHI • BEAR • WHITE CRANE COMBO	● NEURAL REBOOT 2 ● TAI CHI • PUSH • SINGLE WHIP COMBO	● NEURAL REBOOT 2 ● TAI CHI • RAISE HAND • PULLING KNEE COMBO	● NEURAL REBOOT 2 ● TAI CHI • BEAR • WHITE CRANE COMBO
WEEK 6	DISC 6	● NEURAL REBOOT 2 ● TAI CHI • SEQUENCE 2	● NEURAL REBOOT 2 ● TAI CHI • SEQUENCE 2	● NEURAL REBOOT 2 ● TAI CHI • SEQUENCE 2	● NEURAL REBOOT 2 ● TAI CHI • SEQUENCE 2	● NEURAL REBOOT 2 ● TAI CHI • SEQUENCE 2	● NEURAL REBOOT 2 ● TAI CHI • SEQUENCE 2

TAI CHENG IS A 90-DAY PROGRESSION TOWARD MASTERING MOVES
INTENDED TO CENTER AND STRENGTHEN YOUR BODY.

ON DAY 7, TAKE THE DAY OFF.

VISIT [TEAMBEACHBODY.COM](https://www.teambeachbody.com) OR [BEACHBODY.COM](https://www.beachbody.com) TODAY FOR MORE EXCITING PRODUCTS.

Consult your physician and follow all enclosed safety and other instructions before beginning this or any exercise program.

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		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WEEK 7	DISC 7	● NEURAL REBOOT 3 ● TAI CHI • DOUBLE DUTCH BRUSH KNEE & PUSH	● NEURAL REBOOT 3 ● TAI CHI • PLAY THE PIPA	● NEURAL REBOOT 3 ● TAI CHI • SHEATHING SWORD	● NEURAL REBOOT 3 ● TAI CHI • DIAGONAL PUNCH KICK W/ CHECK & PUNCH	● NEURAL REBOOT 3 ● TAI CHI • WITHDRAW & SEAL	● NEURAL REBOOT 3 ● TAI CHI • CROSS HANDS
WEEK 8	DISC 8	● NEURAL REBOOT 3 ● TAI CHI • BRUSH KNEE • PLAY THE PIPA COMBO	● NEURAL REBOOT 3 ● TAI CHI • SHEATHING SWORD • DIAGONAL PUNCH KICK COMBO	● NEURAL REBOOT 3 ● TAI CHI • WITHDRAW & SEAL • CROSS HANDS COMBO	● NEURAL REBOOT 3 ● TAI CHI • BRUSH KNEE • PLAY THE PIPA COMBO	● NEURAL REBOOT 3 ● TAI CHI • SHEATHING SWORD • DIAGONAL PUNCH KICK COMBO	● NEURAL REBOOT 3 ● TAI CHI • WITHDRAW & SEAL • CROSS HANDS COMBO
WEEK 9	DISC 9	● NEURAL REBOOT 3 ● TAI CHI • SEQUENCE 3	● NEURAL REBOOT 3 ● TAI CHI • SEQUENCE 3	● NEURAL REBOOT 3 ● TAI CHI • SEQUENCE 3	● NEURAL REBOOT 3 ● TAI CHI • SEQUENCE 3	● NEURAL REBOOT 3 ● TAI CHI • SEQUENCE 3	● NEURAL REBOOT 3 ● TAI CHI • SEQUENCE 3
		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WEEK 10	DISC 10	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 (WITH YELLOW BAND)	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 (WITH YELLOW BAND)	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2
WEEK 11	DISC 11	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 2 • SEQUENCE 3	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 2 • SEQUENCE 3	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 2 • SEQUENCE 3 (WITH YELLOW BAND)	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 2 • SEQUENCE 3 (WITH YELLOW BAND)	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 2 • SEQUENCE 3	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 2 • SEQUENCE 3
WEEK 12	DISC 12	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3 (WITH YELLOW BAND)	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3 (WITH YELLOW BAND)	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3
WEEK 13	DISC 12	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3 (WITH GREEN BAND)	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3 (WITH GREEN BAND)	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3	● NEURAL REBOOT 4 ● TAI CHI • SEQUENCE 1 • SEQUENCE 2 • SEQUENCE 3