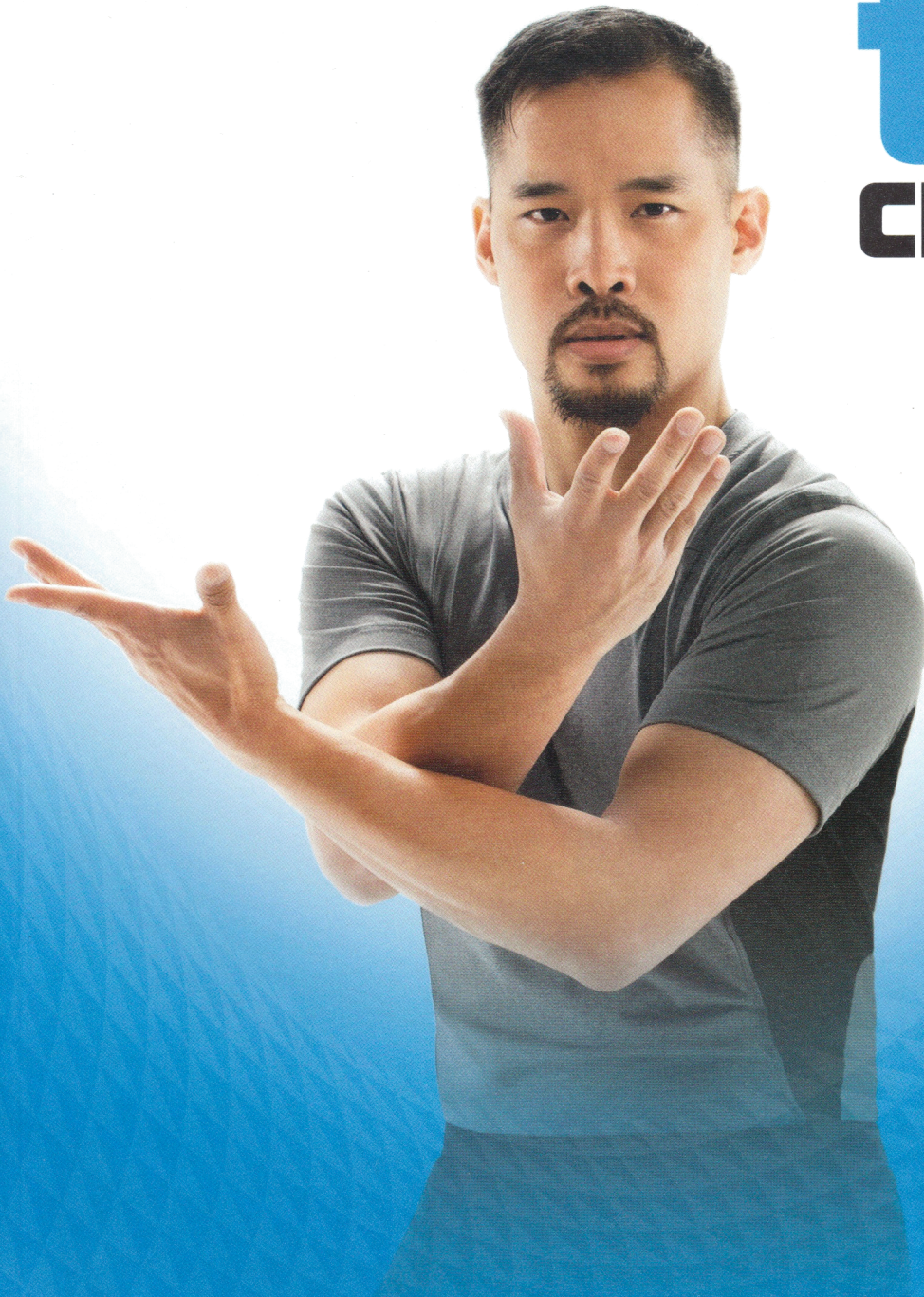


tai
CHENG™



EASY DOES IT GUIDEBOOK

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WHAT DO I NEED?

You'll need bare feet, or a pair of thin-soled shoes with nonskid bottoms. Wear comfortable clothes in which you can move easily. For safety, avoid excess fabric. You need only 4 square feet of space for your exercises. Before you begin, be sure to clear that area of any furniture, obstacles, or sharp objects.

WHAT IF I HAVE PHYSICAL LIMITATIONS?

Most people have some limitations due to loss of flexibility, loss of strength, or difficulty balancing. When practiced slowly and mindfully, Tai Cheng can help you reduce these limitations.

It's important to consult your physician before beginning this or any other workout program. Not all exercise programs are suitable for everyone, and you should never exercise beyond your current ability. If you feel discomfort, dizziness, or pain, discontinue the exercise immediately.

4

When possible, especially while learning the moves, check your form in a mirror to ensure that you're using proper technique. You'll get more of the benefits of the exercises, as well as help to avoid injury.

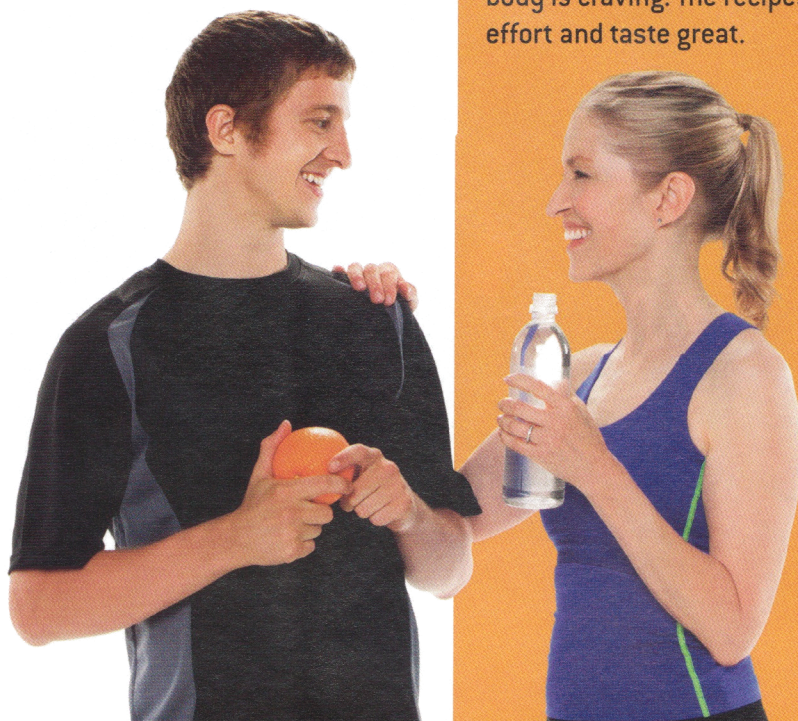
If you have questions regarding the proper form on a particular movement, or would like to learn how to personalize a modification, please visit Beachbody.com for advice and alternatives. Tai Cheng is designed to help you build strength and flexibility while helping you decrease stiffness, but listen to your body for safe results.

WHAT CAN I EAT?

The short answer is healthy, nutritious food—not always easy to find in a busy society that relies so heavily on cheap, convenient, overly processed food. It's critical to realize that many common health ailments, such as heart disease, high blood pressure, obesity, and diabetes, are directly affected by poor diet.

While practicing Tai Cheng will help make you feel better, it's hard to receive all of the program's benefits if you're eating food full of ingredients you can't pronounce. And while microwaving a box of something that contains carboxymethylcellulose or sodium isoascorbate may seem easier than cooking, your body doesn't need to take in any controversial food additives. Ever!

Follow **THE FEEL BETTER FOOD PLAN** for the meals, snacks, and meal replacements your body is craving. The recipes require very little effort and taste great.



TAI CHENG IS A PROGRESSION OF MOVEMENT

WHAT TO EXPECT

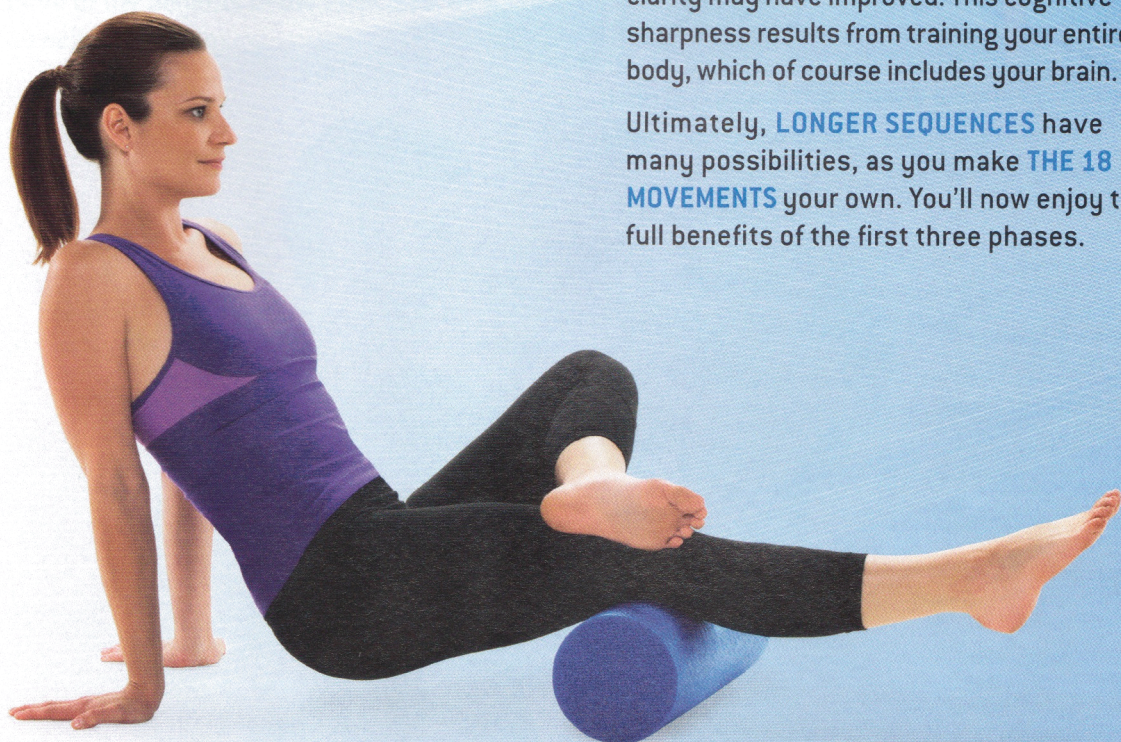
First, you'll learn **STATIC** movements that help awaken your body's natural energy and loosen your joints, while using natural resistance to help tone your muscles. The first movements of Tai Cheng will help activate your strength and begin restoring your balance.

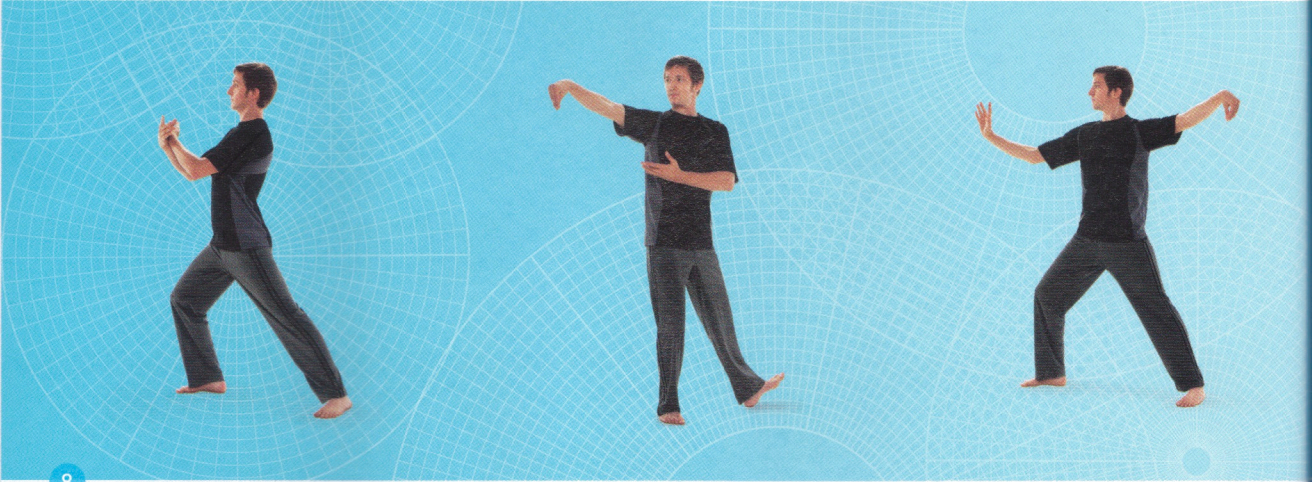
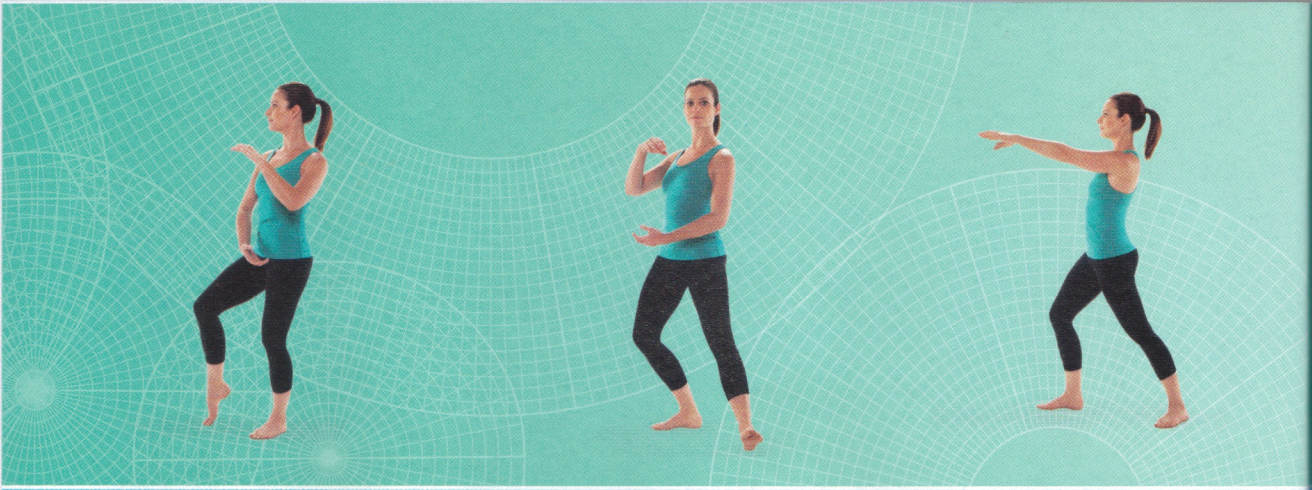
Then you'll add new **COMBINATIONS** to continue your improvements in strength, mobility, and balance, while helping to increase your lung capacity for cardio conditioning. As you begin to focus on how your body moves through space, you're likely to experience a marked reduction in stress. That's no small benefit; the incidence of stress-related diseases increases every year, shortening life expectancy at a staggering rate.

Next, **SEQUENCES** will help make you feel exhilarated as you master more complex Tai Chi motions and increase your pace to harness your reclaimed energy, strength, and flexibility. By this time, you'll probably feel more energetic, and your mental clarity may have improved. This cognitive sharpness results from training your entire body, which of course includes your brain.

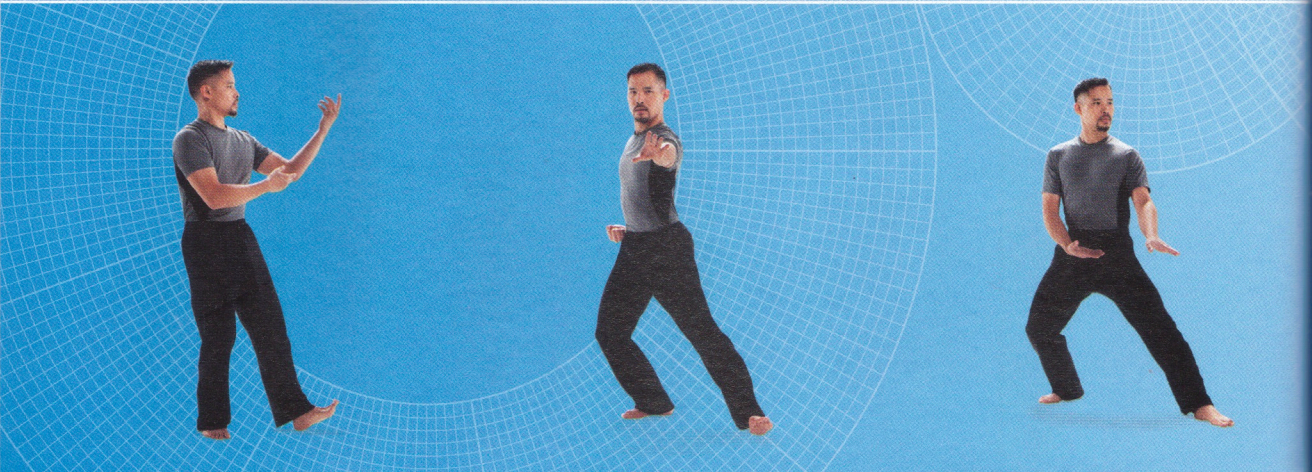
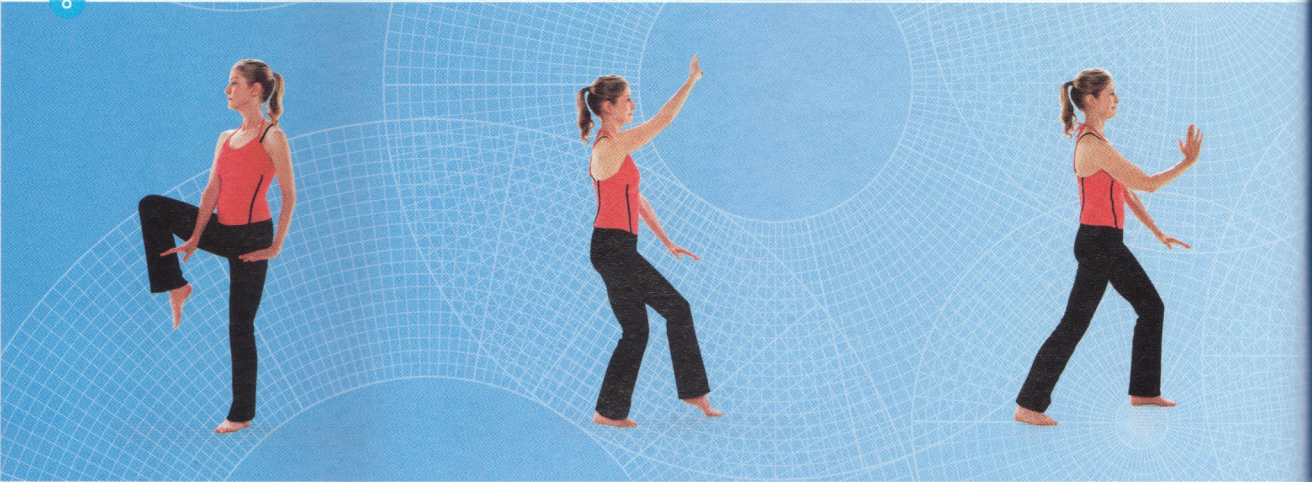
Ultimately, **LONGER SEQUENCES** have many possibilities, as you make **THE 18 MOVEMENTS** your own. You'll now enjoy the full benefits of the first three phases.

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8



1

PHASE 1

DURATION: 3 WEEKS

CONDITIONING: DYNAMIC, WITH CALF ATTENTION AND STRETCHING

TAI CHI EXERCISES:

- LEARN 6 STATIC MOVES, A NEW ONE EACH DAY
- PUT 2 MOVES TOGETHER IN A COMBINATION
- PERFORM ALL 6 IN A SEQUENCE

WORKOUT TIME: APPROX. 35 MINUTES

2

PHASE 2

DURATION: 3 WEEKS

CONDITIONING: DYNAMIC, WITH QUAD ATTENTION AND STRETCHING

TAI CHI EXERCISES:

- LEARN 6 STATIC MOVES, A NEW ONE EACH DAY
- PUT 2 MOVES TOGETHER IN A COMBINATION
- PERFORM ALL 6 IN A SEQUENCE

WORKOUT TIME: APPROX. 40 MINUTES

3

PHASE 3

DURATION: 3 WEEKS

CONDITIONING: DYNAMIC, WITH ROTATOR CUFF ATTENTION AND STRETCHING

TAI CHI EXERCISES:

- LEARN 6 STATIC MOVES, A NEW ONE EACH DAY
- PUT 2 MOVES TOGETHER IN A COMBINATION
- PERFORM ALL 6 IN A SEQUENCE

WORKOUT TIME: APPROX. 50 MINUTES

4

PHASE 4

DURATION: 4 WEEKS

CONDITIONING: DYNAMIC, WITH UPPER/MID-BACK ATTENTION AND STRETCHING

TAI CHI EXERCISES:

- REVIEW ALL PREVIOUS SEQUENCES, INCLUDING ALL 18 MOVES

WORKOUT TIME: APPROX. 60 MINUTES

FOLLOW YOUR DAILY CALENDAR AND TRACK YOUR PROGRESS!

WHAT IS TAI CHENG?

DR. MARK CHENG developed this incredible program by combining Tai Chi (pronounced “tie-*CHÉE*”) with his expertise in modern sports science.

Tai Chi is a martial art practiced primarily for its health and physical conditioning benefits, rather than for combat. Most health experts today acknowledge the correlation between the daily practice of Tai Chi and overall health improvements, both physical and mental.

Tai Chi was developed in China, where Taoism, Buddhism, and Confucianism are common. However, Tai Chi isn’t affiliated with any religion, nor is it religious in nature. In fact, there are Tai Chi practitioners of all religions. The practice requires no prayer or chanting. You do it with intention, silently focusing on your body’s movement, breathing, and physical effort.

Quietly practicing **TAI CHENG** daily can result in greater awareness and help you improve strength, muscle tone, flexibility, energy, and balance. If you’re overweight, it can help you shed pounds safely as your entire body becomes stronger and more agile.

WHAT IS QI GONG?

Pronounced “*CHÉE*-kung,” it’s a centuries-old form of physical and mental* exercise. In China, where there are 1.3 billion residents and a limited national healthcare system, Qi Gong is deeply treasured as a way for individuals to maintain and restore their own wellness.

Many people perform Qi Gong outdoors, to be closer to nature. Some observers, seeing these practitioners gently waving their arms and stretching, might not understand the reasons behind it all. But when you realize that by fluidly moving your hands over your head and behind you, you’re gently working your entire spine, helping to fight osteoporosis, and relieving neck and shoulder tension, it’ll all make sense.

*Yes, mental exercise is crucial to wellness. It can sharpen your memory, reduce brain fade, and even help you remember where you parked your car.

YOUR REALITY

YOUR TIME

A daily routine can take anywhere from 20 to 60 minutes, depending on your strength level and which exercises you choose to perform. If you decide to begin with just the Neural Reboot (conditioning), you'll spend only 20 to 30 minutes and still improve your entire body.

The slow, graceful movements of Tai Cheng have extremely effective total-body benefits. From childhood on, your range of mobility decreases until you lose your natural alignment, flexibility, and strength. You convince yourself it's natural to wake up with aches and fight through stiffness. But it isn't. And no ointments are going to restore the fluidity and physical strength that come from gentle and comprehensive total-body conditioning.

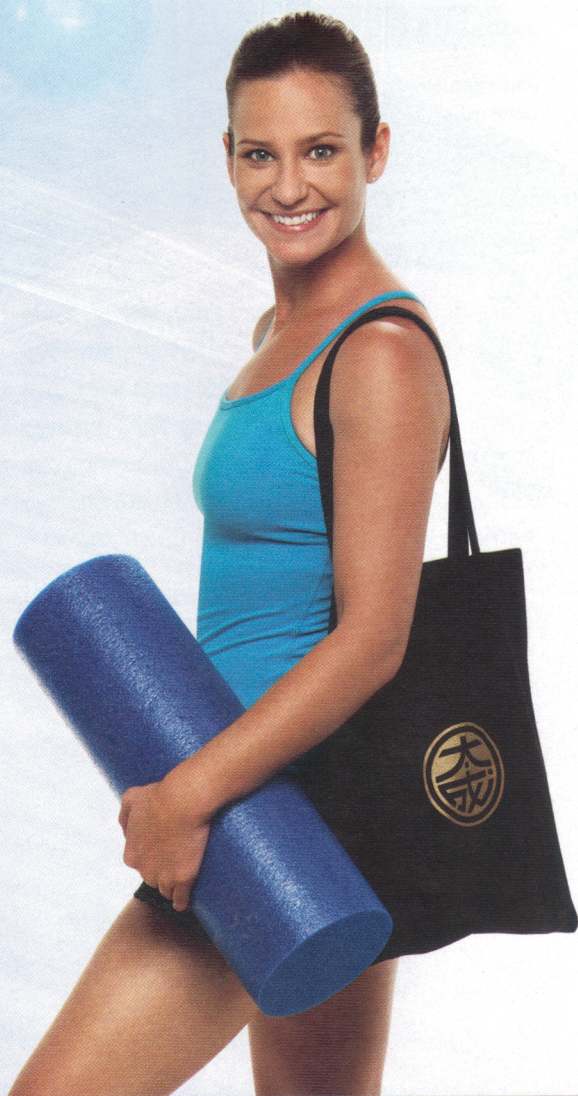
YOUR AGE

The U.S. population is aging and becoming more sedentary, and the "Baby Boomers" are now in their late 40s, 50s, and 60s. The Boomers, and even the younger members of "Generation X" and "Gen Y," typically spend long hours sitting in comfy chairs or traveling by car. This high level of inactivity leads to accelerated decrepitude—to be blunt, premature physical aging.

Yet the current Western approach to fitness leaves out the bulk (no pun intended) of society. Many popular aggressive workouts can be frustrating for some aging or overweight people, due to shortness of breath, lack of balance, and muscle pain. Even younger people who suffer from soreness or limited range of motion avoid extreme activities.

To make improved health and wellness available to a wider range of people, Beachbody looked to the martial arts for the keys to fundamental, holistic health.

Tai Cheng's gentle, thoughtful movements can open your joints, stimulate circulation, increase lung capacity, and strengthen your muscles, helping to prolong your fitness. These therapeutic postures cause your blood to circulate more regularly through areas where it may have been sluggish, helping to remove toxins and boost your immune system. Tai Cheng promotes suppleness, strength, ease of motion, and inner peace.



YOUR HEART

Stress-related diseases, including hypertension,* may give no warning signs. The first symptom can be a sudden, even fatal heart attack. Your fitness plan should be a complete wellness program that includes calming your mind and making you aware of how that stillness affects what happens within your body.

Tai Cheng builds mental strength and focus to help cope with stress, uncertainty, negativity, and the rush of stimuli that bombard you daily, while cultivating your inner tranquility.

The Tai Cheng test group monitored their blood pressure to better understand how their daily workouts were improving their overall health. The positive results were undeniable. Become an authority on your blood pressure and its optimum range. If it's not where it should be, work with your physician to monitor it regularly.

This chart reflects the blood pressure categories defined by the American Heart Association.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER #)		DIASTOLIC MM HG (LOWER #)
NORMAL	LESS THAN 120	AND	LESS THAN 80
PREHYPERTENSION	120–139	OR	80–89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	140–159	OR	90–99
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	160 OR HIGHER	OR	100 OR HIGHER
HYPERTENSIVE CRISIS (EMERGENCY CARE NEEDED)	HIGHER THAN 180	OR	HIGHER THAN 110

*Have your doctor evaluate your blood pressure readings. Persistent hypertension is one of the risk factors for stroke, myocardial infarction, heart failure, and arterial aneurysm, and a leading cause of chronic kidney failure, among other conditions. Moderate elevation of arterial blood pressure leads to shortened life expectancy. Dietary and lifestyle changes, such as practicing Tai Cheng, can help improve blood pressure control and decrease the risk of associated health complications.

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YOUR MIND

While mental focus is not often discussed in conjunction with exercise, it is as much a result of Tai Cheng as improved balance, strength, and vitality are. As scientific studies are beginning to show, practicing many of the moves in Tai Cheng can help enhance your cognitive performance.^{1,2} Tai Cheng also helps improve your capacity for patience. As you learn each movement, you can become calmer, more aware of your breath and heart rate, and less likely to get caught up in needless agitation (like road rage).

Almost immediately, Tai Cheng's mingling of body and mind can help to change your health in a profound way. No contortions or impossible effort are involved. Tai Cheng is about acquiring a beautiful, vital, calm body that thrives throughout the day and relaxes to sleep deeply at night.

YOUR HEALTH

Most people don't use their bodies properly in everyday activities, let alone sports. They fall into each footstep, instead of stepping with control. Their glutes are asleep, their hip flexors are constantly contracted, and their quads provide all of their power. They carry their heads forward, putting stress on their upper spines.

Tai Cheng helps take the "parking brakes" off dormant muscles and allows the overworked ones to relax. Through this practice, you'll condition your body to function as it should.

¹ Strawberry K. Gatts and Marjorie Hines Woollacott, "Neural mechanisms underlying balance improvement with short term Tai Chi training," *Aging Clinical and Experimental Research* 18, no. 1. (February 2006): 7–19.

² David W. K. Man, William W. N. Tsang, and Christina W. Y. Hui-Chan, "Do older tai chi practitioners have better attention and memory function?" *Journal of Alternative and Complementary Medicine* 16 (December 2010): 1259–64.

YOUR FEET

Have you put your feet to sleep? Wearing big, soft shoes that insulate your feet from the ground could be putting them into a coma. There's an old Chinese saying: "You die from the feet up." For good health, the nerves in your feet need to send information about balance and proper alignment to the rest of your body. When you do Tai Cheng, you'll find that your bare feet become essential to your fitness practice. No shoe can shift or pivot as knowledgeably and elegantly as your bare foot. Let your feet guide you back to health.

YOUR IMPATIENCE

Every student of Tai Cheng is impatient. Relax and set your personal agenda aside. You'll still be learning at an accelerated rate. This curriculum is greatly condensed from classic martial arts study, but it may feel painfully slow at first. People recovering from physical injury may be more aware of discomfort as they begin. Yet if you give yourself over to mastering each discrete movement, you'll have perfected it for life. Be patient now, and you'll enjoy your body's improvement forever.

YOUR CLARITY (OR YOUR "DIRTY" MIND)

Think of your mind as a big jar of pond water. Modern life constantly agitates it with unwanted stimuli. Loud music, car alarms, ATMs beeping, round-the-clock email alerts, and so on. Constant input and turmoil muddies the water and keeps you from seeing clearly. Tai Cheng brings you to a calm place where you can see what's going on beneath the surface. That's no joke. If you can't feel where your body may be holding tension or is out of alignment, and how it's compensating, you aren't as healthy as you could be. Each daily exercise will leave your mind clearer, helping you let unnecessary distractions sink to the bottom.

YOUR NEURAL REBOOT

Don't skip it. Ever. No kidding. Each day in Tai Cheng, the first sequence is a systematic conditioning routine that begins with your feet and ankles and continues all the way up to your neck and eyes. This progression of stabilizing your core, opening your joints, building strength, and practicing balance is key to your health.

Don't skip your Neural Reboot. Your body will thank you. Enough said.

YOUR BREATH

Sadly, many people don't breathe properly. They sip little bits of air into their upper chest, not taking in enough oxygen for optimal health. Under stress, unconsciously, some people even stop breathing altogether. When a person holds their breath for long periods of time during sleep, occasionally gasping for air, that's called sleep apnea. Not surprisingly, people suffering from sleep apnea can wake up with headaches and profound exhaustion.

Each daily routine in Tai Cheng helps to leave you energized, breathing better and more efficiently. And every cell in your body will thank you for it.

SELF-ASSESSMENT

This two-part basic test helps identify your current physical limitations, including stiffness or lack of stability, and detect areas that may be vulnerable to future injury. Knowing these, you can make precautionary adjustments and learn how to strengthen those weak spots.

Are you ready to start feeling great?

YOUR ENERGY

Though this first part is easy—just checking boxes—you'll get a snapshot of your overall levels of energy, comfort, and well-being. Pencil ready?

I GET OUT OF BED TIRED:

DAY 1	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always
DAY 90	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always

I NEED A NAP FOR ENERGY:

DAY 1	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always
DAY 90	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always

I NEED AT LEAST 9 HOURS OF SLEEP EACH NIGHT:

DAY 1	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always
DAY 90	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always

I FEEL STRESSED AND ANXIOUS:

DAY 1	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always
DAY 90	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always

I FEEL WEAK AND TIRED:

DAY 1	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always
DAY 90	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always

I TAKE PAIN RELIEVERS FOR ACHES AND PAINS:

DAY 1	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always
DAY 90	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always

I FEEL BAD ABOUT MY BODY:

DAY 1	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always
DAY 90	<input type="checkbox"/>	Never	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Always

I'LL GIVE TAI CHENG MY COMMITMENT:

DAY 1	<input type="checkbox"/>	50%	<input type="checkbox"/>	75%	<input type="checkbox"/>	100%
DAY 90	<input type="checkbox"/>	50%	<input type="checkbox"/>	75%	<input type="checkbox"/>	100%

“To look good, you first have to move well. To move well, you have to feel good. To feel good, you have to function well!”

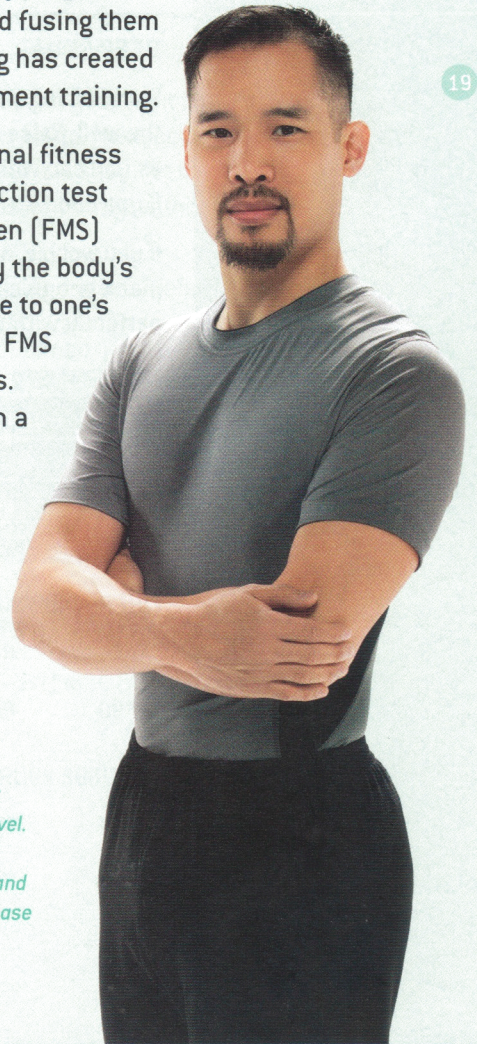
Dr. Mark Cheng

The Tai Cheng training system is a different kind of Beachbody program. By using the time-tested methods of Chinese martial arts and fusing them with modern sports and rehabilitative science, Dr. Mark Cheng has created a unique system to achieve fitness through functional movement training.

The Tai Cheng **FUNCTION TEST** is a departure from the traditional fitness test. Instead of measuring sets, reps, or load, Dr. Cheng's function test uses many of the concepts of the Functional Movement Screen (FMS) and its scoring system.* The FMS was created to help identify the body's functional limitations and asymmetries, which can contribute to one's risk for injury, as well as reducing the effects of training. The FMS scoring system is used to target problems and track progress. The Tai Cheng function test incorporates all these elements in a 7-movement assessment that gives you, the user, a modern, numerical means of verifying the benefits you'll experience with your Tai Cheng training.

In Tai Cheng test groups, there have been improvements in function test scores with users of all levels, all shapes, all ages, and all sizes.

**The Functional Movement Screen (FMS) is a fundamental, movement-based test that is designed to be performed before a person increases his or her activity level. Exercise professionals monitor the FMS score to track progress and to identify those exercises that will be most effective in helping restore proper movement and building strength in each individual. For more information related to the FMS, please go to functionalmovement.com.*



NOW FOR A LITTLE BIT OF MOVEMENT

If you can do all these moves easily and without pain, you'll get a score of 20. If you have difficulty with a movement, record your score accordingly. **Score a zero if you feel any pain or discomfort during the movement, even if you can perform the movement properly.**

For the tests you do on both your left and right sides, score each side separately. Do not add the scores together. Instead, choose the LOWER of the two scores as your total for that line.

IMPORTANT: If you experience any intense strain, or any pain or dizziness, stop the movement immediately. Don't feel discouraged. You're just gauging your body's **current** abilities and limitations.

SET IT UP

You'll need a wall, a sturdy chair (with its seat about the height of your knees), a tape measure, a stopwatch, and possibly a small 2" x 4" plank or a wide, thick book (like an atlas) for the Deep Squat Test.

NOW, LET'S GET STARTED.



20



1

DEEP SQUAT

Stand facing a wall with your feet hip-width apart and your toes a foot's width from the wall. Raise your arms overhead, elbows in line with your ears. Now squat as low as you can without falling backward. Rise up with control.

If you can't do it, don't force or push. Just rate your experience below.

If you wobble, or can't get your hips level with your knees or below, place a 2" x 4" plank or a thick book under both heels and try again. You may be able to do it perfectly with this adjustment.

DAY 1

Did deep squat with ease = 3

2" x 4" needed = 2

Hips above knees = 1

LINE TOTAL

DAY 90

Did deep squat with ease = 3

2" x 4" needed = 2

Hips above knees = 1

LINE TOTAL

WHERE DID YOU FEEL DISCOMFORT, IF ANY?

DAY 1 Rate your discomfort from 1 (lowest) to 10 (highest)

DAY 90 Rate your discomfort from 1 (lowest) to 10 (highest)

DESCRIBE YOUR DISCOMFORT:

DAY 1 Stiffness Aching Sharper (like a pulling)

DAY 90 Stiffness Aching Sharper (like a pulling)



2

SINGLE LEG STAND

Stand with your feet together, arms at your sides. Lift your right knee to hip height, keeping your thigh parallel to the floor. Hold for 20 seconds. Slowly lower your leg to standing. Repeat with left leg.

Note: If balance is difficult for you, keep a sturdy chair nearby and hold onto it for safety.

DAY 1			DAY 90		
Easily did leg stand = 3			Easily did leg stand = 3		
Wobbled = 2			Wobbled = 2		
Can't hold for 20 seconds = 1			Can't hold for 20 seconds = 1		
Right	Left	LINE TOTAL	Right	Left	LINE TOTAL

WHERE DID YOU FEEL DISCOMFORT, IF ANY?

DAY 1 Rate your discomfort from 1 (lowest) to 10 (highest)

DAY 90 Rate your discomfort from 1 (lowest) to 10 (highest)

DESCRIBE YOUR DISCOMFORT:

DAY 1 Stiffness Aching Sharper (like a pulling)

DAY 90 Stiffness Aching Sharper (like a pulling)

3

SHOULDER RANGE OF MOTION

Stand straight and tall, with feet together. Reach your right hand up behind your head and touch the top of your left shoulder blade. Next, scoop your right hand down behind your back to touch the bottom of your left shoulder blade. Repeat with your left hand. You should be able to perform this smoothly, without compensating by leaning or "scooching" your fingers.

If you can't do it, don't force or push. Just rate your experience below.

DAY 1			DAY 90		
Touched top and bottom = 3			Touched top and bottom = 3		
Touched either = 2			Touched either = 2		
Can't complete = 1			Can't complete = 1		
Right	Left	LINE TOTAL	Right	Left	LINE TOTAL

WHERE DID YOU FEEL DISCOMFORT, IF ANY?

DAY 1 Rate your discomfort from 1 (lowest) to 10 (highest)

DAY 90 Rate your discomfort from 1 (lowest) to 10 (highest)

DESCRIBE YOUR DISCOMFORT:

DAY 1 Stiffness Aching Sharper (like a pulling)

DAY 90 Stiffness Aching Sharper (like a pulling)

4

CHAIR TOUCH:

Begin seated, then come to standing, feet shoulder-width apart. Reach behind you to grasp the skin of your lower back. Now hinge back with your feet flat on the floor. Lower your hips to the chair, let your bottom barely touch, and come back up.



DAY 1

Easily did the chair touch = 3

Lost grip on skin = 2

Lost balance = 1

LINE TOTAL

DAY 90

Easily did the chair touch = 3

Lost grip on skin = 2

Lost balance = 1

LINE TOTAL

WHERE DID YOU FEEL DISCOMFORT, IF ANY?DAY 1 Rate your discomfort from 1 (lowest) to 10 (highest)DAY 90 Rate your discomfort from 1 (lowest) to 10 (highest)**DESCRIBE YOUR DISCOMFORT:**DAY 1 Stiffness Aching Sharper (like a pulling)DAY 90 Stiffness Aching Sharper (like a pulling)

5

IN-LINE LUNGE

Begin by measuring the distance from the bump below your kneecap to the floor. Now place the tape measure on the floor and place your feet on it, in line, that distance apart. For example, if the distance is 18", place your right toe on 0" and your left heel on 18". Your feet will be in line, like a tightrope walker's. Standing straight, place your right hand on the back of your neck and your left hand at the small of your back. Staying tall, drop your back knee with control down to your front heel, then stand back up. Score the leg in front. Repeat on the other side.

22



DAY 1

Easily did in-line lunge = 3

Hinged or wobbled = 2

Can't balance = 1

Right

Left

LINE TOTAL

DAY 90

Easily did in-line lunge = 3

Hinged or wobbled = 2

Can't balance = 1

Right

Left

LINE TOTAL

WHERE DID YOU FEEL DISCOMFORT, IF ANY?DAY 1 Rate your discomfort from 1 (lowest) to 10 (highest)DAY 90 Rate your discomfort from 1 (lowest) to 10 (highest)**DESCRIBE YOUR DISCOMFORT:**DAY 1 Stiffness Aching Sharper (like a pulling)DAY 90 Stiffness Aching Sharper (like a pulling)

ROTARY STABILITY TEST

Get down on your hands and knees, with feet, knees, and thumbs touching. Keep your face toward the floor to ensure spinal alignment. Reach your opposite arm and leg out, parallel to the ground. Bring the elbow and knee in to touch each other, reach out again, then come back to all fours. Repeat on the other side. Note: This move's maximum score is 2.

DAY 1		DAY 90	
Did with ease = 2	<input type="checkbox"/>	Did with ease = 2	<input type="checkbox"/>
Wobbled = 1	<input type="checkbox"/>	Wobbled = 1	<input type="checkbox"/>
R. arm and L. knee	<input type="checkbox"/>	R. arm and L. knee	<input type="checkbox"/>
L. arm and R. knee	<input type="checkbox"/>	L. arm and R. knee	<input type="checkbox"/>
LINE TOTAL		LINE TOTAL	

WHERE DID YOU FEEL DISCOMFORT, IF ANY?

DAY 1 Rate your discomfort from 1 (lowest) to 10 (highest)

DAY 90 Rate your discomfort from 1 (lowest) to 10 (highest)

DESCRIBE YOUR DISCOMFORT:

DAY 1 Stiffness Aching Sharper (like a pulling)

DAY 90 Stiffness Aching Sharper (like a pulling)

TOE TOUCH TEST

Stand tall with your feet together and knees straight. Hinging at the hips, reach forward and down to your toes. If you're having difficulty, just reach as far as you can without force or pushing, bring your hands to your legs, and record their position.

DAY 1		DAY 90	
Fingers easily touch toes, knees straight = 3	<input type="checkbox"/>	Fingers easily touch toes, knees straight = 3	<input type="checkbox"/>
Hands below knees, no discomfort = 2	<input type="checkbox"/>	Hands below knees, no discomfort = 2	<input type="checkbox"/>
Hands above knees, or unable to start = 1	<input type="checkbox"/>	Hands above knees, or unable to start = 1	<input type="checkbox"/>
LINE TOTAL		LINE TOTAL	

WHERE DID YOU FEEL DISCOMFORT, IF ANY?

DAY 1 Rate your discomfort from 1 (lowest) to 10 (highest)

DAY 90 Rate your discomfort from 1 (lowest) to 10 (highest)

DESCRIBE YOUR DISCOMFORT:

DAY 1 Stiffness Aching Sharper (like a pulling)

DAY 90 Stiffness Aching Sharper (like a pulling)

CONGRATULATIONS! YOU'VE COMPLETED YOUR FUNCTION ASSESSMENT.

We hope it highlighted some areas of function where you'd welcome improvement, and made you aware of any areas of tightness. Please add up your line totals and record your score.

DAY 1 TOTAL TEST SCORE

DAY 90 TOTAL TEST SCORE

HOW CAN I MEASURE MY SUCCESS?

With measurements, photos, and a function test, you'll be able to see your progress clearly.

"BEFORE" AND "AFTER" STATS:

Many test group participants who didn't have weight loss as their primary goal still lost pounds and inches with Tai Cheng.

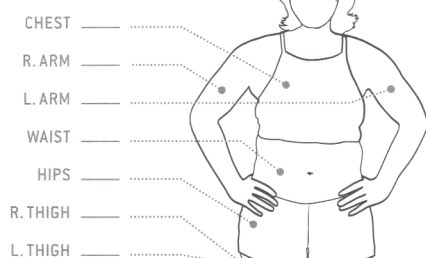
Follow these instructions to record your Day 1 and Day 90 stats. You'll see what a total-body conditioning and gentle martial arts program can do for your body.

MY BEFORE WEIGHT:

MY AFTER WEIGHT:

MY TARGET WEIGHT:

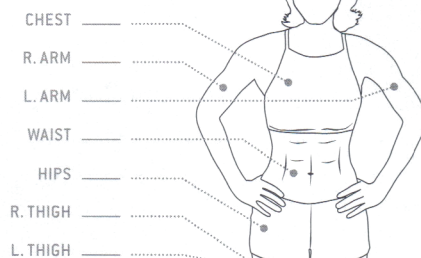
RECORD "BEFORE" STATS



TOTAL INCHES _____

WEIGHT _____

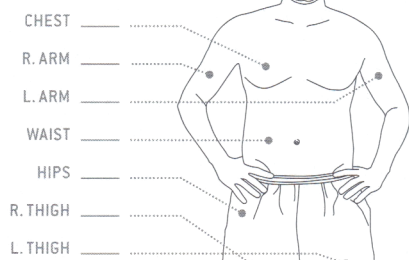
RECORD "AFTER" STATS



TOTAL INCHES _____

WEIGHT _____

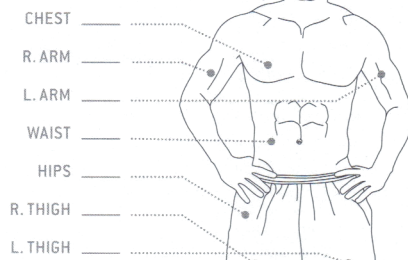
RECORD "BEFORE" STATS



TOTAL INCHES _____

WEIGHT _____

RECORD "AFTER" STATS



TOTAL INCHES _____

WEIGHT _____