



READY TO GET STARTED?

STEP 1: Insert the **MASTER SCROLL** DVD.

- Watch Dr. Cheng's introduction.
- Take the **FUNCTION TEST** to assess your range of motion. Take video of this test if you can.
- Follow instructions to set up your Calibration Grid.
- Take the 4-minute breathing lesson with Dr. Cheng.

STEP 2: Insert **DISC 1** and select **DAY 1** to begin your workouts.

- Each workout starts with an important warm-up called the Neural Reboot.

STEP 3: Track your progress on your **DAILY CALENDAR**.

STEP 4: Read the **EASY DOES IT GUIDEBOOK** and watch the rest of the **MASTER SCROLL**.

- Use these tools as a reference throughout the program.

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

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