



tai CHENG



✓ CHECK OFF YOUR PROGRESS

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PHASE 1	WEEK 1	● NEURAL REBOOT 1 ● TAI CHI • STANDING STANCES • LIFT & LOWER	● NEURAL REBOOT 1 ● TAI CHI • PHOENIX TAIL	● NEURAL REBOOT 1 ● TAI CHI • LIFT & LOWER • PHOENIX TAIL COMBO	● NEURAL REBOOT 1 ● TAI CHI • WARD OFF	● NEURAL REBOOT 1 ● TAI CHI • PULL BACK	● NEURAL REBOOT 1 ● TAI CHI • WARD OFF • PULL BACK COMBO
	WEEK 2	● NEURAL REBOOT 1 ● TAI CHI • PRESS	● NEURAL REBOOT 1 ● TAI CHI • SEPARATE & PULL	● 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	● 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
	WEEK 4	● NEURAL REBOOT 2 ● TAI CHI • PUSH	● NEURAL REBOOT 2 ● TAI CHI • SINGLE WHIP	● NEURAL REBOOT 2 ● TAI CHI • PUSH • SINGLE WHIP COMBO	● NEURAL REBOOT 2 ● TAI CHI • RAISE HAND	● NEURAL REBOOT 2 ● TAI CHI • PULLING KNEE	● NEURAL REBOOT 2 ● TAI CHI • RAISE HAND • PULLING KNEE COMBO
	WEEK 5	● NEURAL REBOOT 2 ● TAI CHI • BEAR COMES OUT OF CAVE	● NEURAL REBOOT 2 ● TAI CHI • WHITE CRANE SPREADS WINGS	● 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	● 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
	WEEK 7	● 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
	WEEK 8	● 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
	WEEK 9	● 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 OR BEACHBODY.COM TODAY FOR MORE EXCITING PRODUCTS.

Consult your physician and follow all enclosed safety and other instructions before beginning this or any exercise or rehabilitation program.
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		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PHASE 3	WEEK 7	● NEURAL REBOOT 3 ● TAI CHI • DOUBLE DUTCH BRUSH KNEE & PUSH	● NEURAL REBOOT 3 ● TAI CHI • PLAY THE PIPA	● NEURAL REBOOT 3 ● TAI CHI • BRUSH KNEE • PLAY THE PIPA COMBO	● NEURAL REBOOT 3 ● TAI CHI • SHEATHING SWORD	● NEURAL REBOOT 3 ● TAI CHI • DIAGONAL PUNCH KICK W/ CHECK & PUNCH	● NEURAL REBOOT 3 ● TAI CHI • SHEATHING SWORD • DIAGONAL PUNCH KICK COMBO
	WEEK 8	● NEURAL REBOOT 3 ● TAI CHI • WITHDRAW & SEAL	● NEURAL REBOOT 3 ● TAI CHI • CROSS HANDS	● 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	● 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
PHASE 4	WEEK 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	● 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	● 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	● 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	● 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)