

WHAT IS TAI CHENG?

Tai Cheng® is Beachbody's newest and perhaps most comprehensive fitness program. Based on the movements, concepts, and theories of traditional Yang-style Tai Chi, the Beachbody® Tai Cheng workout program was created by Tai Chi master, Dr. Mark Cheng. The Mandarin Chinese translation of Tai Cheng (as we've conceived of it here at Beachbody) is the "Supreme Accomplishment".

WHO IS DR. MARK CHENG?

DR. MARK CHENG is a martial arts master trainer with 3 decades of experience in Tai Chi. His background as a traditional Chinese medicine practitioner (licensed acupuncturist; PhD in Chinese medicine and acupuncture) has allowed him to bring the ancient martial arts and wellness practices of Tai Chi to a modern, 21st-century audience.

WHO IS TAI CHENG FOR?

Tai Chi and the other ancient modalities within the Tai Cheng® program are made for EVERYONE. This 13-week regimen delivers tremendous benefits, whether you're doing the first-level moves and using the support of a wall, or you're an elite athlete who is looking to improve your athletic performance.

WHAT CAN I EXPECT IN A TAI CHENG WORKOUT?

Every day, Tai Cheng® takes you through a gentle energizing warm-up and teaches you a new Tai Chi move. These workouts are designed to help improve balance, strengthen your muscles, and may improve flexibility.

HOW LONG IS THE TAI CHENG PROGRAM?

Tai Cheng® is a 90-day program, divided into four phases. You will learn 6 Tai Chi movements in each of the first three phases; each of these phases is 3 weeks long. In the fourth phase, which is 4 weeks long, you learn how to put multiple movements together in sequence.

WHAT IS INCLUDED IN TAI CHENG?

TAI CHENG BASE KIT

- 12 DVDs that teach you 18 essential Tai Cheng® moves in over 30 workouts
- 1 Master Scroll DVD: Program overview, a breathing and meditation workout, AND a detailed step-by-step guide to each move
- Easy Does It Guidebook
- Feel Better Food Plan
- Week-by-Week Workout Calendar
- Tai Cheng Foam Roller
- Tape Measure

PLUS 6 BONUS GIFTS:

- BONUS DVD: Applied Tai Cheng: Travel & Sport – Two 10-minute routines to help reduce pain and stiffness while traveling or for sports, especially golf.
- "Just Eat This" Nutrition Guide
- Lower-Resistance Strength Band*
- Medium-Resistance Strength Band*
- Removable Floor Tape to help guide your workout

- FREE 24-hour access to the Team Beachbody® online community

WHAT KIND OF EQUIPMENT WILL I NEED?

All you need to do Tai Cheng® is a 6' x 6' space, less than an hour a day, and a foam roller, which is included with the program.

Information provided by Beach Body.