



BASIC PLAN – Mat *(Large mat you lie on)*


Mat : ONLY Use **Intensity**  *(purple button)*

Week 1: **Intensity**  **1:**


- Morning - just hit “Intensity”, then “1” then hit “start”
- Evening - hit “Intensity”, then “1” (take “plus” off, by pushing the  (“plus button”) then hit “start”

Note: You can tell if Plus is off by looking to see if the  symbol is showing or not in the upper menu, if it's showing...then it's “on”, if it's not showing then it's “off”.

Week 2: **Intensity**  **2:**

- Morning - just hit “Intensity”, then “2” then hit “start”
- Evening - hit “Intensity”, then “2” (take “plus” off, by pushing the  (“plus button”) then hit “start”


Week 3: **Intensity**  **3**

- Morning - just hit “Intensity”, then “3” then hit “start”
- Evening - hit “Intensity”, then “3” (take “plus” off, by pushing the  (“plus button”) then hit “start”


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BASIC PLAN – Mat *(continued)*


Week 4: **Intensity**  4:

- Morning - just hit “Intensity”, then “4” then hit “start”
- Evening - hit “Intensity”, then “4” (take “plus” off, by pushing the  (“plus button”) then hit “start”

Week 5: **Intensity**  5:

- Morning - just hit “Intensity”, then “5” then hit “start”
- Evening - hit “Intensity”, then “5” (take “plus” off, by pushing the  (“plus button”) then hit “start”

Week 6: **Intensity**  6:

- Morning - just hit “Intensity”, then “6” then hit “start”
- Evening - hit “Intensity”, then “6” (take “plus” off, by pushing the  (“plus button”) then hit “start”

Week 7 and on: Repeat steps for weeks 3-6 over and over. (example: Week 7 use **Intensity 3**, then Week 8 use **Intensity 4**, Week 9 use **Intensity 5**, Week 10 use **Intensity 6**, Week 11, use **Intensity 3**, etc....)

DO NOT GO HIGHER than Intensity 6!

*****NOTE: If at anytime from week 1 you do not feel good, drop down a level of intensity! If you don't feel good at week 1, take the “plus” off. *****