



T-Tapping for Fitness and Health

Week One

- ___ Order the book *Fit and Fabulous* by Teresa Tapp or
 - ___ Purchase the book at one of the local book stores
 - ___ Mail in your coupon to register your 30% discount for the DVD later.
- If you obtain the book go ahead and read the beginning chapters and watch the included DVD to begin learning your stance and the amazing 3 minute fat burner Hoe Downs. *Don't try to do the exercises from the book instructions as it is way too hard. Just stop when you get there and watch the DVD.*

Week Two

- ___ Go to www.T-Tapp site and review some of the articles about the trainer and the exercise to gain credibility
- ___ Read the beginning chapters of the T-Tapp book and watch the DVD included if you have the book
- ___ View short specific clips at www.fabufit.com/ttapp *These are free downloads that I found that give you a glimpse of proper technique of some of the exercises. Do note that the order that is taught on the 15 minute or total workout is extremely important.*
- ___ Learn the TTap Stance, Hoe Downs and Secrets to Flat Stomach all from the DVD included in your book
- ___ Use your 30% discount if it is registered by now and order the TTap DVD called *Total Workout*. Go ahead and order the Brush and Brushing Instructions too. You will love this simple technique for ridding yourself of cellulite and improving circulation.

Week Three

- ___ Listen to DVD Instructional #1 from the Total Workout DVD
- ___ Go through the Basic Workout Plus (15 minutes) from the Total Workout DVD
- ___ Begin your 15 Minute Basic Workout plus Hoe Downs. *John and I did this 15 minute workout only for several weeks because the long one looked so long.*

Week Four

- ___ Implement Boot Camp as described to the TT material
- ___ Learn the 50 Minute DVD routine called Instructional #2: Total Workout: Beginner/Rehabilitation from the *Total Workout DVD* you ordered
- ___ Watch the YES You Can with T-Tapp DVD that is also included in your Total Workout DVD set
- ___ Set your plan for the # of days a week to do the 50 minutes total workout and the # of days to do the 15 minute workout. *It isn't nearly as hard as I thought it would be and the more you do it the less you need to do it. I now really love the results I am seeing both fitness and rehabilitative wise.*

Please note that I have zero vested financial interest in T-Tapp. In fact I spent so much time and money on the creation of the Fabufit Strength Training Book that I seem crazy to recommend this. However, because of the tremendous value I see this having for each of us; I implore you to really look at it seriously and begin.

Dani Rotramel