START HERE | PRINTABLE BUNDLE | 3 x 28-DAY CHALLENGES

The Tai Chi Bundle

Three gentle 28-day challenges and one simple 12-week path. Chair, walking and chair for men 50+, all in one place.



Created by
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WELCOME

What's in your bundle

Thank you for picking up the Tai Chi Bundle. I built these three challenges for people who want to move more, feel steadier and calmer, and never get down on the floor. Each one stands on its own. Together they give you a full **12-week path**, or one plan for you and one for your partner.



28-Day Chair Tai Chi

For women. 12 seated moves, no floor work.

Illustrated moves | weekly routines | calendar and tracker

LETTER + A4 PDF | 10-20 MIN A DAY | ALL LEVELS



28-Day Walking Tai Chi

12 standing and walking moves for steadier steps.

Balance check-ins on Days 1, 14, 28 | mini-walks | hallway flow

LETTER + A4 PDF | 10-20 MIN A DAY | ALL LEVELS



28-Day Chair Tai Chi for Men 50+

12 seated moves plus a sit-to-stand strength builder.

Fighting roots of every move | mini flows | Weeks 5-8 plan

LETTER + A4 PDF | 10-20 MIN A DAY | ALL LEVELS

Plus in this guide: which challenge to start with, the 12-week path, a 12-week tracker, tips for doing it together, and a free bonus: **12 weeks of coaching emails** from me (page 8).

PICK YOUR STARTING POINT

Which challenge first?

There is no wrong door. Answer these three questions and start where you feel safe and a little challenged.

1

Does standing or walking for 10 minutes feel shaky, tiring or sore?

Start with **Chair Tai Chi** (or **Chair Tai Chi for Men 50+**). You build balance and leg strength from a stable seat first.

2

Can you walk for 10 minutes comfortably and want steadier steps?

Start with **Walking Tai Chi**. Keep a chair or counter nearby for the balance moves.

3

Are you a man 50+ who wants strength, not just stretching?

Start with **Chair Tai Chi for Men 50+**. It adds a sit-to-stand strength builder and the fighting roots of each move.

Doing it as a couple? She starts Chair Tai Chi, he starts Chair Tai Chi for Men 50+. Same schedule, same 10-20 minutes, different moves built for each of you. Then you both move to Walking Tai Chi in Week 5.

Not sure? Start in the chair. You can always move up early. Tai chi rewards patience, not pushing.

HOW THE THREE FIT TOGETHER

Your 12-week path

Each challenge is 28 days. Run them back to back and you get 12 weeks: build the base in a chair, take it onto your feet, then blend both.

WEEKS 1-4

Build the base

Chair Tai Chi (or Chair Tai Chi for Men 50+). Learn the stance, breathing and the 12 core moves from a stable seat.

WEEKS 5-8

Take it standing

Walking Tai Chi. Same calm breath and soft arms, now with weight shifts, empty steps and slow walking.

WEEKS 9-12

Blend and own it

Alternate chair days and walking days (schedule below). Re-test on Day 84 and compare with your Day 1 check-in.

Weeks 9-12: the blend week

Mon	**Chair flow**	12 chair moves, slow, 15 min
Tue	**Walking flow**	Walking moves 1-12, 15 min
Wed	**Chair strength**	Chair flow + sit-to-stands
Thu	**Balance**	Golden Rooster, empty steps, backward step
Fri	**Full form**	Chair warm-up, then walking form
Sat	**Easy walk**	A 10-20 min mini-walk
Sun	**Rest**	Rest, stretch, or 5 calm breaths

Tip: if a week feels hard, repeat it. If it feels easy, use the harder option shown on each move page.

PRINT AND TICK A BOX EACH DAY

12-week tracker

Name: _____ Start date: _____ First challenge: _____

	D1	D2	D3	D4	D5	D6	D7
Week 1	1	2	3	4	5	6	7
Week 2	8	9	10	11	12	13	14
Week 3	15	16	17	18	19	20	21
Week 4	22	23	24	25	26	27	28
Week 5	29	30	31	32	33	34	35
Week 6	36	37	38	39	40	41	42
Week 7	43	44	45	46	47	48	49
Week 8	50	51	52	53	54	55	56
Week 9	57	58	59	60	61	62	63
Week 10	64	65	66	67	68	69	70
Week 11	71	72	73	74	75	76	77
Week 12	78	79	80	81	82	83	84

Check-ins: Day 1, Day 28, Day 56 and Day 84. Use the check-in page in each challenge PDF and write your numbers here: Day 1 _____ Day 28 _____ Day 56 _____ Day 84 _____

COUPLES, FRIENDS AND FAMILY

Doing it together

Same time, same place

Pick one slot, like after morning coffee. Two chairs side by side, or one walk together.

Different moves, one timer

His and hers plans line up day by day: same length, same rest days, same check-in days.

Coach each other

One person reads the cue out loud, the other moves. Swap halfway. You will both slow down and get the form right.

Make the check-ins a date

Day 1, 28, 56 and 84: test together, write the numbers down, celebrate the small wins.

Gift one, keep one

Print a set for a parent or friend and do it on the same days over the phone or video call.

Miss a day? Just continue

Do not double up. Pick up at the next day. Consistency beats perfect.

"Tai chi is a martial art done slowly. The slowness is the training: it builds the balance, leg strength and calm that keep you moving for years."
COACH LUKE

BEFORE YOU START

Printing, files and safety

Your files

- 00-START-HERE (this guide)
- 28-Day Chair Tai Chi Challenge (Letter + A4)
- 28-Day Walking Tai Chi Challenge (Letter + A4)
- 28-Day Chair Tai Chi for Men 50+ (Letter + A4)

US? Print the **Letter** files. UK, Europe, Australia and most other countries: print the **A4** files (in the A4 folder). Print at 100% or "Fit to page". You can also use them on a tablet: no printing needed.

What to print first

From your first challenge: the calendar, the tracker and Week 1. From this guide: the 12-week tracker (page 5). Print the rest as you go.

Move safely

Check with your doctor before starting any new exercise program, especially if you have heart, blood pressure, joint or balance issues, or have had a recent fall or surgery. Use a sturdy chair without wheels. Keep a counter or wall within reach for standing moves. Move in a pain-free range. **Stop** and rest if you feel dizzy, short of breath, chest pain or sharp joint pain, and get medical help if it does not pass. This bundle is for general fitness and education and is not medical advice.

YOUR FREE BUNDLE BONUS

12 weeks of coaching emails, from me

It all goes to the email you used at checkout: a welcome email to help you pick your track, then one coaching email a week with that week's focus and a form fix. Using another email? Scan the code to sign up.

coachluke.com/tai-chi-bundle-bonus

Free. Email only. Unsubscribe in one click.

- Welcome email + which track to start
- 12 weekly coaching emails
- Free Resource Library access
- My Tuesday Weekly Reads newsletter

ONE LAST THING

Thank you

I am really glad you are here. Tai chi changed how I move and how I handle stress, and I have watched it do the same for people of every age. Go slow, breathe low, and show up most days. That is the whole secret.

Loved it? Tell me how it went

Reply to any of my coaching emails and tell me how it is going. I read every one. Questions about a file? Email coach@coachluke.com and I will make it right.

Want more free printables?

Grab more free guides on fitness, nutrition and healthy habits in my Free Resource Library: **coachluke.com/free-library**



Coach Luke

NASM-certified personal trainer (CPT, CES, PES), NESTA nutrition coach, 20+ years in health and fitness, and a student of seven martial arts including tai chi.