



QUICKSTART GUIDE

1

Go to the drop down MENU (upper corner of membership site page) and click on KB4A TRAINING. Watch the **Welcome to KB4A!** video. Once you have watched the video click "Back to KB4A TRAINING" directly above the video.

2

Go to the drop down MENU and click on KB4A BLUEPRINT and download and print the PDF. This Blueprint will guide you step-by-step through the entire KB4A program so keep it close at hand. Click "Back to KB4A TRAINING" when done.

3

From drop down MENU watch the intro videos and all the exercise demonstrations for each of the three FOUNDATIONAL WORKOUTS and five SKILLS WORKOUTS.
(Reference the KB4A BLUEPRINT while watching the training videos)

4

Begin the KB4A program with FOUNDATIONAL WORKOUT 1 and progress through all workouts as laid out in the instructions detailed in the KB4A BLUEPRINT.

5

Continue to reference the exercise demonstration videos as you perfect your form. To easily access specific exercise videos there is a **Search** field at the top of the page.

Please address your technical (not training) questions to support@mind-pumpmedia.com. For help with your specific training questions it is highly recommended that you become a Mind Pump Private Facebook Forum Member.