



Start BULKING & POWER D/C

Week 1	3x1 D-Blade (every day) + 3x1 C-Blade (every day)
Week 2	2x1 D-Blade (every day) + 5x1 C-Blade (every day)
Week 3	D-Blade (every day) no C-Blade

Start CUTTING & BLASTING

Week 4	2x1 D-Blade (every day) no C-Blade
Day 22	1x1 T-Blade
Day 23	1x1 T-Blade
Day 24	2x1 T-Blade
Day 25	2x1 T-Blade
Day 26	3x1 T-Blade
Day 27	3x1 T-Blade
Day 28	4x1 T-Blade
Week 5	1x1 D-Blade (every day) + 6x1 C-Blade (every day)
Day 29	4x1 T-Blade
Day 30	5x1 T-Blade
Day 31	5x1 T-Blade
Day 32	6x1 T-Blade
Day 33	6x1 T-Blade

Start DEFINITION

Week 6no D-Blade + 6x1 C-Blade every day
Day 34 to Day 48	6x1 T-Blade (every day)
Day 49	5x1 T-Blade
Day 50	4x1 T-Blade
Day 51	4x1 T-Blade
Day 52	3x1 T-Blade
Day 53	3x1 T-Blade
Day 54	2x1 T-Blade
Day 55	2x1 T-Blade
Day 56	1x1 T-Blade
Day 57	1x1 T-Blade