



MASS LOADING

Week 1	4x1 D-Blade (every day)
Day 1	1x1 T-Blade
Day 2	1x1 T-Blade
Day 3	2x1 T-Blade
Day 4	2x1 T-Blade
Day 5	3x1 T-Blade
Day 6	3x1 T-Blade
Day 7	4x1 T-Blade

MASS & POWER CYCLE

Week 2	2x1 D-Blade (every day) + 2-3 E-Blades before workout
Day 8	4x1 T-Blade
Day 9	5x1 T-Blade
Day 10	5x1 T-Blade
Day 11	6x1 T-Blade
Day 12	6x1 T-Blade
Day 13	6x1 T-Blade
Day 14	6x1 T-Blade

MASS LOADING & START FATBURNING CYCLE

Week 3	4x1 D-Blade (every day)
Day 15	6x1 T-Blade
Day 16	6x1 T-Blade
Day 17	6x1 T-Blade
Day 18	6x1 T-Blade
Day 19	6x1 T-Blade
Day 20	6x1 T-Blade
Day 21	6x1 T-Blade

MASS & POWER CYCLE & START FATBURNING CYCLE

Week 4	2x1 D-Blade (every day) + 2-3 E-Blades before workout
Day 22	6x1 T-Blade
Day 23	6x1 T-Blade
Day 24	6x1 T-Blade
Day 25	6x1 T-Blade + 2x1 C-Blade

Day 26		6x1 T-Blade + 3x1 C-Blade
Day 27		6x1 T-Blade + 4x1 C-Blade
Day 28		6x1 T-Blade + 5x1 C-Blade

FATBURNING CYCLE

Week 5		
Day 29		4x1 T-Blade
Day 30		4x1 T-Blade
Day 31		3x1 T-Blade
Day 32		3x1 T-Blade
Day 33		2x1 T-Blade + 2x1 C-Blade
Day 34		2x1 T-Blade + 5x1 C-Blade
Day 35		1x1 T-Blade + 6x1 C-Blade
Week 6		2x1 D-Blade (every day)
Day 36		1x1 T-Blade + 6x1 C-Blade

FATBURNING HOLDING PHASE + DEFINITION PHASE II

Day 36 to Day 50		6x1 C-Blade daily (1-2 E-Blades before lunch + 2-3 E-Blades before workout)
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RUNNING DOWN PHASE

Day 51		5x1 C-Blade
Day 52		4x1 C-Blade
Day 53		3x1 C-Blade
Day 54		2x1 C-Blade
Day 55		1x1 C-Blade