



Quarter Pack - Recommended Workout and Administration

week 1 - 4	M-BLADE 3x1 M-BLADE (+ each day 150mg zinc + 1500 mg vit-c, 3x3000mg amino acids daily)	4-5x workout per week
week 5 - 9	consume 10g creatine/10g glutamine/10g dextrose daily, on workout days twice if possible	3-4x workout per week
week 10 - 14	no supplements, healthy diet and regimen	2-3x workout per week
week 15 - 19	para/stano combi 2x1 P-BLADE on non workout days 2x1 S-BLADE and 1x1 P-BLADE on workout days (+ each day 150mg zinc + 1500mg vit-c 3x3000mg amino acids daily)	4-5x workout per week
week 24 - 28	consume 10g creatine/10g glutamine/10g dextrose daily on workout days twice, if possible 1x along with red bull prior to workout	3-4x workout per week
week 29 - 33	no supplements, healthy diet and regimen	2-3x workout per week
week 34 - 35	no supplements, healthy diet and regimen	no workout, only cardio training and relaxation
week 36	START D-BLADE ON Phase (see Muscle Road Map)	