



Administration of Parabolon-B based on Pyramid Principle

On training days

Week 1	2x 0,5 blade per day
Week 2	2x 1 blade per day
Week 3	3x 1 blade per day
Week 4	3x 1 blade per day
Week 5	2x 1 blade per day
Week 6	2x 0,5 blade per day

and on training-free days

Week 1	2x 0,5 blade per day
Week 2	2x 0,5 blade per day
Week 3	2x 1 blade per day
Week 4	2x 1 blade per day
Week 5	2x 1 blade per day
Week 6	2x 0,5 blade per day