

Week 1	3x1 S-Blade (2x with a meal 1x before training)	4 - 5 Training units strength 40 min + 40 min cardio each
Week 2	3x1 S-Blade (2x with a meal 1x before training)	4 - 5 Training units strength 40 min + 40 min cardio each
Week 3	3x1 S-Blade (2x with a meal 1x before training)	4 - 5 Training units strength 40 min + 40 min cardio each
Week 4	3x1 S-Blade (2x with a meal 1x before training)	3 - 4 Training units strength 30 min + 40 min cardio each
Week 5	2x1 S-Blade (1x with a meal 1x before training)	3 - 4 Training units strength 30 min + 40 min cardio each
Week 6	OFF 2x 10 g each glutamine/creatine/dextrose mix daily	2 - 3 Training units strength 30 min + 30 min cardio each
Week 7	OFF 2x 10 g each glutamine/creatine/dextrose mix daily	2 - 3 Training units strength 30 min + 30 min cardio each
Week 8	OFF 2x 10 g each glutamine/creatine/dextrose mix daily	2 - 3 Training units strength 30 min + 30 min cardio each
Week 9	OFF 2x 10 g each glutamine/creatine/dextrose mix daily	2 - 3 Training units strength 30 min + 30 min cardio each
Week 10	OFF 2x 10 g each glutamine/creatine/dextrose mix daily	2 - 3 Training units strength 30 min + 30 min cardio each
Week 11	3x1 S-Blade (2x with a meal 1x before training)	4 - 5 Training units strength 40 min + 40 min cardio each
Week 12	3x1 S-Blade (2x with a meal 1x before training)	4 - 5 Training units strength 40 min + 40 min cardio each

Diet should be balanced and rich in proteins, 5 meals daily
Fluid supply should be 5-7 litres per day
Vitamins and trace elements especially in weeks 1 - 5
No dairy products
Vitamin C 2- 3000 mg daily
Magnesium 500 - 1000 mg daily

Potassium 750 - 1000 mg daily
No to little alcohol (max 1-2 beers)
No drugs, XTC, cocaine, etc. maximum 10 to 20 mg ephedrine before training
300-500 kcal in terms of basal metabolic rate should be saved per day, i.e. if the basal metabolic rate is 2,000 daily, a max. of 1,500 kcal should be supplied.