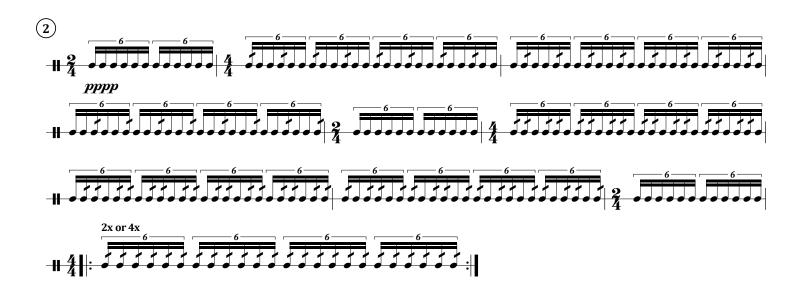
Soft Diddle Regimen



Day 1: RH lead - 3X's at 110 bpm, then increase by 5 bpm; **Day 5**: Reverse the Grid **Day 2**: LH lead - 3X's at 110 bpm, then increase by 5 bpm; **Day 6**: Reverse the Grid **Day 3**: RH lead - 3X's at 125 bpm, then increase by 5 bpm; **Day 7**: Reverse the Grid **Day 4**: LH lead - 3X's at 125 bpm, then increase by 5 bpm; **Day 8**: Reverse the Grid



Day 9: RH lead - 3X's at 55 bpm, then increase by 3 bpm; **Day 13**: Reverse the Grid **Day 10**: LH lead - 3X's at 55 bpm, then increase by 3 bpm; **Day 14**: Reverse the Grid **Day 11**: RH lead - 3X's at 62 bpm, then increase by 3 bpm; **Day 15**: Reverse the Grid **Day 12**: LH lead - 3X's at 62 bpm, then increase by 3 bpm; **Day 16**: Reverse the Grid

Soft Diddle Regimen

Day 17: RH lead - 3X's at 80 bpm, then increase by 4 bpm; **Day 21**: Reverse the Grid **Day 18**: LH lead - 3X's at 80 bpm, then increase by 4 bpm; **Day 22**: Reverse the Grid **Day 19**: RH lead - 3X's at 90 bpm, then increase by 4 bpm; **Day 23**: Reverse the Grid **Day 20**: LH lead - 3X's at 90 bpm, then increase by 4 bpm; **Day 24**: Reverse the Grid