

## BEMER BASIC PLAN

WEEK NUMBER	MORNING	AFTERNOON/EVENING	SLEEP
Week 1	Intensity 1 <b>WITH</b> Plus	Intensity 1 <b>NO</b> Plus	
Week 2	Intensity 2 <b>WITH</b> Plus	Intensity 2 <b>NO</b> Plus	
Week 3	Intensity 3 <b>WITH</b> Plus	Intensity 3 <b>NO</b> Plus	
Week 4	Intensity 4 <b>WITH</b> Plus	Intensity 4 <b>NO</b> Plus	
Week 5	Intensity 5 <b>WITH</b> Plus	Intensity 5 <b>NO</b> Plus	
Week 6	Intensity 6 <b>WITH</b> Plus	Intensity 6 <b>NO</b> Plus	
Week 7	Intensity 3 <b>WITH</b> Plus	Intensity 3 <b>NO</b> Plus	Once during this week
Week 8	Intensity 4 <b>WITH</b> Plus	Intensity 4 <b>NO</b> Plus	Twice during this week
Week 9	Intensity 5 <b>WITH</b> Plus	Intensity 5 <b>NO</b> Plus	Three times during this week
Week 10	Intensity 6 <b>WITH</b> Plus	Intensity 6 <b>NO</b> Plus	Four times during this week
Week 11	Intensity 3 <b>WITH</b> Plus	Intensity 3 <b>NO</b> Plus	As often as you wish

If you have any questions or queries then please do not hesitate to contact Peter on 07515 943281