**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
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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