Step 01: CMYK total ink coverage must not more than 240%.

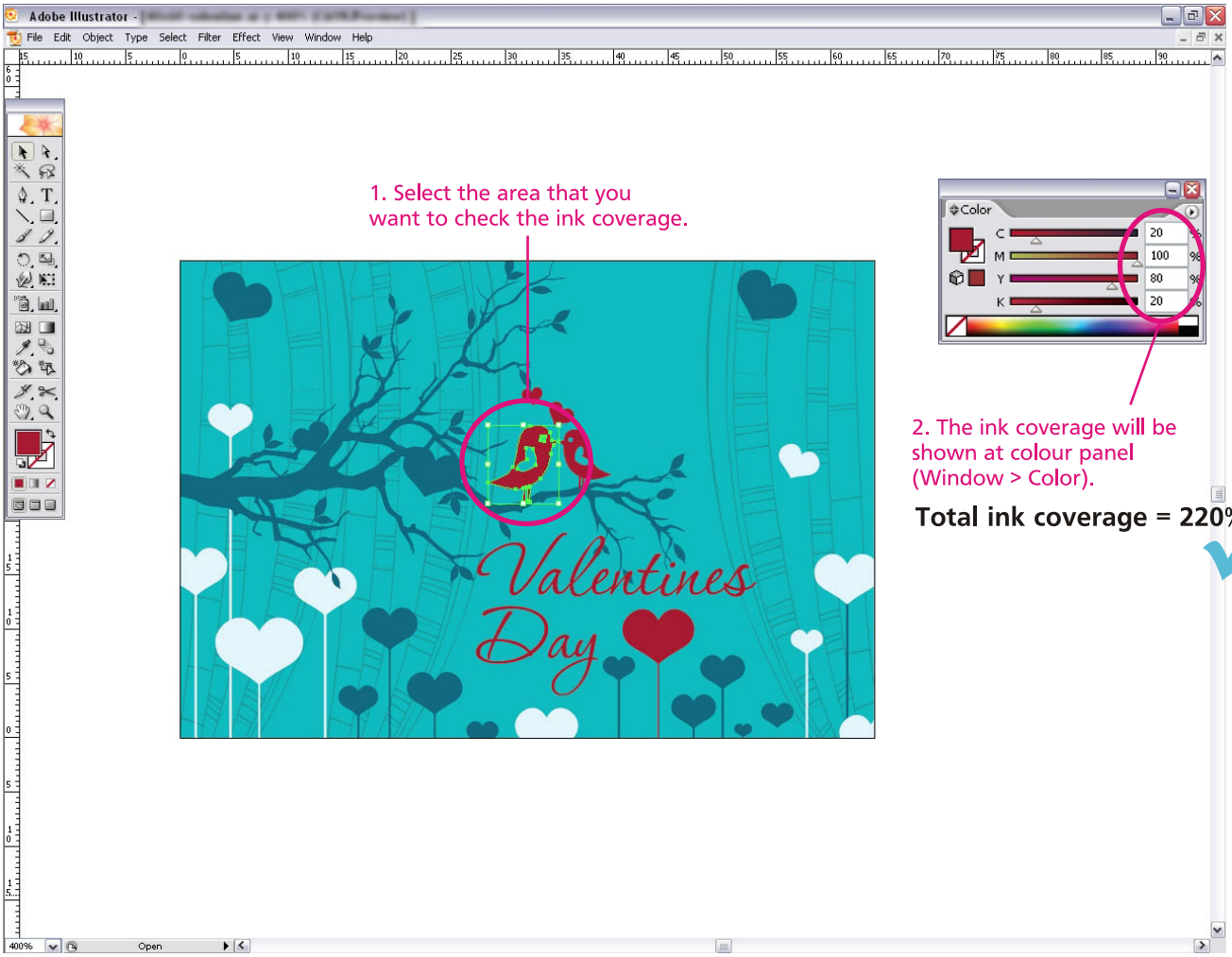
In order to avoid set off problem (sheet sticking together and caused text or image to look blurred), make sure the total ink coverage not more than 240%.

For example:

C =70
M = 20
Y = 90
K = 50

Total ink coverage = 230%

C = 90
M = 30
Y = 100
K = 50

Total ink coverage = 270%

Step 02: Check artwork total ink coverage.