

Table 1

	Test cyp	Winstrol	DecaNan	AI	HCG	Nolva		
Week	Test cyp	Winstrol	DecaNan	AI	HCG	Nolva		
1	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
2	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
3	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
4	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
5	200 mg/wk	50mg	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
6	200 mg/wk	50mg	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
7	200 mg/wk	50mg	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
8	200 mg/wk	50mg	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
9	200 mg/wk	50mg	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
10	200 mg/wk	50mg	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
11	200 mg/wk	50mg	X	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
12	200 mg/wk	50mg	X	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
13	X	X	X	X	X	X		
14	X	X	X	X	X	X		
15	X	X	X	X	X	40mg ED		
16	X	X	X	X	X	20mg ED		
17	X	X	X	X	X	20mg ED		
18	X	X	X	X	X	10mg ED		
19	X	X	X	X	X	X		
20	X	X	X	X	X	X		
21	X	X	X	X	X	X		
22	X	X	X	X	X	X		
23	X	X	X	X	X	X		
24	X	X	X	X	X	X		
New cycle								
Week	Test cyp	Winstrol	Masteron	AI	HCG	Nolva		
1	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
2	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
3	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
4	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
5	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
6	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
7	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
8	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
9	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
10	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
11	200 mg/wk	X	X	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
12	200 mg/wk	X	X	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
13	X	X	X	X	X	X		
14	X	X	X	X	X	X		
15	X	X	X	X	X	40mg ED		
16	X	X	X	X	X	20mg ED		
17	X	X	X	X	X	20mg ED		
18	X	X	X	X	X	10mg ED		
19	X	X	X	X	X	X		
20	X	X	X	X	X	X		
21	X	X	X	X	X	X		
22	X	X	X	X	X	X		
23	X	X	X	X	X	X		
24	X	X	X	X	X	X		
New cycle								
Week	Test cyp	Winstrol	Masteron	AI	HCG	Nolva		
1	200 mg/wk	X	X	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
2	200 mg/wk	X	X	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
3	200 mg/wk	X	X	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
4	200 mg/wk	X	X	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
5	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
6	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		

	Test cyp	Winstrol	DecaNan	AI	HCG	Nolva		
7	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
8	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
9	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
10	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
11	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
12	200 mg/wk	X	200mg/wk	0.25mg 2/wk	250iu 2/wk	20mg as req'd		
13	X	X	X	X	X	X		
14	X	X	X	X	X	X		
15	X	X	X	X	X	40mg ED		
16	X	X	X	X	X	20mg ED		
17	X	X	X	X	X	20mg ED		
18	X	X	X	X	X	10mg ED		
19	X	X	X	X	X	X		
20	X	X	X	X	X	X		
21	X	X	X	X	X	X		
22	X	X	X	X	X	X		
23	X	X	X	X	X	X		
24	X	X	X	X	X	X		
New cycle								
Week	Test Prop	Tren A	Cabergoline	AI	HCG	Nolva	Clomid	
1	60mg eod	50mg eod	1mg	0.5mg eod	500iu 2/wk	20mg as req'd	X	
2	60mg eod	50mg eod	1mg	0.5mg eod	500iu 2/wk	20mg as req'd	X	
3	60mg eod	50mg eod	1mg	0.5mg eod	500iu 2/wk	20mg as req'd	X	
4	60mg eod	50mg eod	1mg	0.5mg eod	500iu 2/wk	20mg as req'd	X	
5	60mg eod	50mg eod	1mg	0.5mg eod	500iu 2/wk	20mg as req'd	X	
6	60mg eod	50mg eod	1mg	0.5mg eod	500iu 2/wk	20mg as req'd	X	
7	60mg eod	50mg eod	1mg	0.5mg eod	500iu 2/wk	20mg as req'd	X	
8	60mg eod	50mg eod	1mg	0.5mg eod	500iu 2/wk	20mg as req'd	X	
9	X	X	X	X	X	40mg ED	150mg ED	3 days after last pin
10	X	X	X	X	X	20mg ED	100mg ED	
11	X	X	X	X	X	20mg ED	100mg ED	
12	X	X	X	X	X	10mg ED	100mg ED	
13	X	X	X	X	X	X	X	
14	X	X	X	X	X	X	X	
15	X	X	X	X	X	X	X	
16	X	X	X	X	X	X	X	

Table 1

	Mon	Tue	We'd	Thu	Fri	Sat	Sun
Test / Nan						X	
AI	X				X		
HCG			X				X