

Sustanon 325	Amount per cc	Half-Life
T Acetate	30	3
T Propionate	50	2
T Phenylpropionate	50	4.5
T Cypionate	90	12
T Deconoate	105	15

Week	Day	Add	T Acetate	T Propionate	T Phenylpropionate	T Cypionate	T Deconoate	Total				
1	30		30.0	50	50.0	50	50.0	90	90.0	105	105.0	325.0
2			23.8		35.4		42.9		84.9		100.3	287.2
3			18.9		25.0		36.7		80.2		95.7	256.6
4			15.0		17.7		31.5		75.7		91.4	231.3
5	30		41.9	50	62.5	50	77.0	90	161.4	105	192.3	535.1
6			33.3		44.2		66.0		152.4		183.6	479.4
1	7		26.4		31.3		56.6		143.8		175.3	433.4
8			21.0		22.1		48.5		135.7		167.4	394.7
9			16.6		15.6		41.6		128.1		159.8	361.8
10	30		43.2	50	61.0	50	85.6	90	210.9	105	257.6	658.4
11			34.3		43.2		73.4		199.1		246.0	596.0
12			27.2		30.5		62.9		187.9		234.9	543.5
13			21.6		21.6		54.0		177.4		224.3	498.8
2	14		17.1		15.3		46.3		167.4		214.1	460.2
15	30		43.6	50	60.8	50	89.6	90	248.0	105	309.5	751.5
16			34.6		43.0		76.9		234.1		295.5	684.0
17			27.5		30.4		65.9		221.0		282.1	626.9
18			21.8		21.5		56.5		208.6		269.4	577.7
19			17.3		15.2		48.4		196.9		257.2	535.0
20	30		43.7	50	60.7	50	91.5	90	275.8	105	350.6	822.4
3	21		34.7		43.0		78.4		260.3		334.8	751.2
22			27.6		30.4		67.2		245.7		319.7	690.6
23			21.9		21.5		57.6		231.9		305.2	638.2
24			17.4		15.2		49.4		218.9		291.5	592.3
25	30		43.8	50	60.7	50	92.4	90	296.6	105	383.3	876.8
26			34.7		42.9		79.2		280.0		366.0	802.8
27			27.6		30.4		67.9		264.3		349.5	739.5
4	28		21.9		21.5		58.2		249.4		333.7	684.6
29			17.4		15.2		49.9		235.4		318.6	636.5
30	30		43.8	50	60.7	50	92.8	90	312.2	105	409.2	918.7
31			34.8		42.9		79.5		294.7		390.7	842.6
32			27.6		30.4		68.2		278.2		373.1	777.4
33			21.9		21.5		58.4		262.5		356.2	720.6
34			17.4		15.2		50.1		247.8		340.2	670.6
5	35	30	43.8	50	60.7	50	92.9	90	323.9	105	429.8	951.2
36			34.8		42.9		79.7		305.7		410.4	873.5
37			27.6		30.4		68.3		288.6		391.9	806.7
38			21.9		21.5		58.5		272.4		374.2	748.4
39			17.4		15.2		50.2		257.1		357.3	697.1
40	30		43.8	50	60.7	50	93.0	90	332.6	105	446.1	976.3

Week	Day	Acetate	Prop	Phenyl	Cyp	Deco	Total
1	7	30	50	50	90	105	325
2	14	17	15	46	167	214	460
3	21	35	43	78	260	335	751
4	28	22	21	58	249	334	685
5	35	44	61	93	324	430	951
6	42	28	30	68	296	407	829
7	49	17	15	50	269	382	734
8	56	35	43	80	328	456	942
9	63	22	21	59	295	421	818
10	70	44	61	93	354	493	1045
11	77	9	5	32	236	357	639
12	84	2	0	11	158	258	429
13	91	0	0	4	105	187	296
14	98	0	0	1	70	135	207
15	105	0	0	0	47	98	145
16	112	0	0	0	31	71	102
17	119	0	0	0	21	51	72
18	126	0	0	0	14	37	51
19	133	0	0	0	9	27	36
20	140	0	0	0	6	19	26
21	147	0	0	0	4	14	18
22	154	0	0	0	3	10	13
23	161	0	0	0	2	7	9
24	168	0	0	0	1	5	7
25	175	0	0	0	1	4	5
26	182	0	0	0	1	3	3
27	189	0	0	0	0	2	2
28	196	0	0	0	0	1	2

	41		34.8		42.9		79.7		314.0		426.0		897.4
6	42		27.6		30.4		68.4		296.4		406.7		829.4
	43		21.9		21.5		58.6		279.7		388.4		770.1
	44		17.4		15.2		50.2		264.0		370.8		717.7
	45	30	43.8	50	60.7	50	93.1	90	339.2	105	459.1		995.9
	46		34.8		42.9		79.8		320.2		438.4		916.0
	47		27.6		30.4		68.4		302.2		418.6		847.1
	48		21.9		21.5		58.6		285.2		399.7		786.9
7	49		17.4		15.2		50.3		269.2		381.6		733.7
	50	30	43.8	50	60.7	50	93.1	90	344.1	105	469.4		1011.1
	51		34.8		42.9		79.8		324.8		448.2		930.5
	52		27.6		30.4		68.4		306.6		427.9		860.9
	53		21.9		21.5		58.6		289.4		408.6		800.0
	54		17.4		15.2		50.3		273.1		390.2		746.1
	55	30	43.8	50	60.7	50	93.1	90	347.8	105	477.5		1023.0
8	56		34.8		42.9		79.8		328.3		456.0		941.8
	57		27.6		30.4		68.4		309.9		435.4		871.6
	58		21.9		21.5		58.6		292.5		415.7		810.2
	59		17.4		15.2		50.3		276.0		397.0		755.8
	60	30	43.8	50	60.7	50	93.1	90	350.6	105	484.0		1032.2
	61		34.8		42.9		79.8		330.9		462.2		950.6
	62		27.6		30.4		68.4		312.3		441.3		880.0
9	63		21.9		21.5		58.6		294.8		421.4		818.2
	64		17.4		15.2		50.3		278.2		402.3		763.4
	65	30	43.8	50	60.7	50	93.1	90	352.6	105	489.2		1039.4
	66		34.8		42.9		79.8		332.8		467.1		957.4
	67		27.6		30.4		68.4		314.1		446.0		886.5
	68		21.9		21.5		58.6		296.5		425.9		824.4
	69		17.4		15.2		50.3		279.9		406.6		769.3
10	70	30	43.8	50	60.7	50	93.1	90	354.2	105	493.3		1045.1
	71		34.8		42.9		79.8		334.3		471.0		962.8
	72		27.6		30.4		68.4		315.5		449.7		891.6
	73		21.9		21.5		58.6		297.8		429.4		829.2
	74		17.4		15.2		50.3		281.1		410.0		774.0
	75		13.8		10.7		43.1		265.3		391.5		724.5
	76		10.9		7.6		36.9		250.4		373.8		679.7
11	77		8.7		5.4		31.7		236.4		356.9		639.0
	78		6.9		3.8		27.2		223.1		340.8		601.8
	79		5.5		2.7		23.3		210.6		325.4		567.5
	80		4.3		1.9		20.0		198.8		310.7		535.7
	81		3.4		1.3		17.1		187.6		296.7		506.2
	82		2.7		0.9		14.7		177.1		283.3		478.7
	83		2.2		0.7		12.6		167.1		270.5		453.1
12	84		1.7		0.5		10.8		157.8		258.3		429.0
	85		1.4		0.3		9.2		148.9		246.6		406.5
	86		1.1		0.2		7.9		140.6		235.5		385.3
	87		0.9		0.2		6.8		132.7		224.9		365.3
	88		0.7		0.1		5.8		125.2		214.7		346.5
	89		0.5		0.1		5.0		118.2		205.0		328.8
	90		0.4		0.1		4.3		111.6		195.7		312.1
13	91		0.3		0.0		3.7		105.3		186.9		296.3
	92		0.3		0.0		3.1		99.4		178.5		281.3
	93		0.2		0.0		2.7		93.8		170.4		267.1
	94		0.2		0.0		2.3		88.5		162.7		253.8
	95		0.1		0.0		2.0		83.6		155.4		241.1
	96		0.1		0.0		1.7		78.9		148.4		229.0

	97	0.1	0.0	1.5	74.5	141.7	217.7
14	98	0.1	0.0	1.2	70.3	135.3	206.8
	99	0.1	0.0	1.1	66.3	129.1	196.6
	100	0.0	0.0	0.9	62.6	123.3	186.9
	101	0.0	0.0	0.8	59.1	117.7	177.7
	102	0.0	0.0	0.7	55.8	112.4	168.9
	103	0.0	0.0	0.6	52.6	107.4	160.6
	104	0.0	0.0	0.5	49.7	102.5	152.7
15	105	0.0	0.0	0.4	46.9	97.9	145.2
	106	0.0	0.0	0.4	44.3	93.5	138.1
	107	0.0	0.0	0.3	41.8	89.2	131.3
	108	0.0	0.0	0.3	39.4	85.2	124.9
	109	0.0	0.0	0.2	37.2	81.4	118.8
	110	0.0	0.0	0.2	35.1	77.7	113.0
	111	0.0	0.0	0.2	33.2	74.2	107.5
16	112	0.0	0.0	0.1	31.3	70.8	102.3
	113	0.0	0.0	0.1	29.5	67.6	97.3
	114	0.0	0.0	0.1	27.9	64.6	92.6
	115	0.0	0.0	0.1	26.3	61.7	88.1
	116	0.0	0.0	0.1	24.8	58.9	83.8
	117	0.0	0.0	0.1	23.5	56.2	79.7
	118	0.0	0.0	0.1	22.1	53.7	75.9
17	119	0.0	0.0	0.0	20.9	51.3	72.2
	120	0.0	0.0	0.0	19.7	48.9	68.7
	121	0.0	0.0	0.0	18.6	46.7	65.4
	122	0.0	0.0	0.0	17.6	44.6	62.2
	123	0.0	0.0	0.0	16.6	42.6	59.2
	124	0.0	0.0	0.0	15.7	40.7	56.4
	125	0.0	0.0	0.0	14.8	38.8	53.6
18	126	0.0	0.0	0.0	13.9	37.1	51.0
	127	0.0	0.0	0.0	13.2	35.4	48.6
	128	0.0	0.0	0.0	12.4	33.8	46.2
	129	0.0	0.0	0.0	11.7	32.3	44.0
	130	0.0	0.0	0.0	11.1	30.8	41.9
	131	0.0	0.0	0.0	10.4	29.4	39.9
	132	0.0	0.0	0.0	9.9	28.1	38.0
19	133	0.0	0.0	0.0	9.3	26.8	36.2
	134	0.0	0.0	0.0	8.8	25.6	34.4
	135	0.0	0.0	0.0	8.3	24.5	32.8
	136	0.0	0.0	0.0	7.8	23.4	31.2
	137	0.0	0.0	0.0	7.4	22.3	29.7
	138	0.0	0.0	0.0	7.0	21.3	28.3
	139	0.0	0.0	0.0	6.6	20.3	26.9
20	140	0.0	0.0	0.0	6.2	19.4	25.6
	141	0.0	0.0	0.0	5.9	18.5	24.4
	142	0.0	0.0	0.0	5.5	17.7	23.2
	143	0.0	0.0	0.0	5.2	16.9	22.1
	144	0.0	0.0	0.0	4.9	16.1	21.1
	145	0.0	0.0	0.0	4.7	15.4	20.1
	146	0.0	0.0	0.0	4.4	14.7	19.1
21	147	0.0	0.0	0.0	4.1	14.1	18.2
	148	0.0	0.0	0.0	3.9	13.4	17.3
	149	0.0	0.0	0.0	3.7	12.8	16.5
	150	0.0	0.0	0.0	3.5	12.2	15.7
	151	0.0	0.0	0.0	3.3	11.7	15.0
	152	0.0	0.0	0.0	3.1	11.2	14.3

	153	0.0	0.0	0.0	2.9	10.7	13.6
22	154	0.0	0.0	0.0	2.8	10.2	12.9
	155	0.0	0.0	0.0	2.6	9.7	12.3
	156	0.0	0.0	0.0	2.5	9.3	11.7
	157	0.0	0.0	0.0	2.3	8.9	11.2
	158	0.0	0.0	0.0	2.2	8.5	10.6
	159	0.0	0.0	0.0	2.1	8.1	10.1
	160	0.0	0.0	0.0	2.0	7.7	9.7
23	161	0.0	0.0	0.0	1.8	7.4	9.2
	162	0.0	0.0	0.0	1.7	7.0	8.8
	163	0.0	0.0	0.0	1.6	6.7	8.4
	164	0.0	0.0	0.0	1.6	6.4	8.0
	165	0.0	0.0	0.0	1.5	6.1	7.6
	166	0.0	0.0	0.0	1.4	5.8	7.2
	167	0.0	0.0	0.0	1.3	5.6	6.9
24	168	0.0	0.0	0.0	1.2	5.3	6.6
	169	0.0	0.0	0.0	1.2	5.1	6.2
	170	0.0	0.0	0.0	1.1	4.9	6.0
	171	0.0	0.0	0.0	1.0	4.6	5.7
	172	0.0	0.0	0.0	1.0	4.4	5.4
	173	0.0	0.0	0.0	0.9	4.2	5.2
	174	0.0	0.0	0.0	0.9	4.0	4.9
25	175	0.0	0.0	0.0	0.8	3.9	4.7
	176	0.0	0.0	0.0	0.8	3.7	4.5
	177	0.0	0.0	0.0	0.7	3.5	4.2
	178	0.0	0.0	0.0	0.7	3.4	4.0
	179	0.0	0.0	0.0	0.7	3.2	3.9
	180	0.0	0.0	0.0	0.6	3.1	3.7
	181	0.0	0.0	0.0	0.6	2.9	3.5
26	182	0.0	0.0	0.0	0.5	2.8	3.3
	183	0.0	0.0	0.0	0.5	2.7	3.2
	184	0.0	0.0	0.0	0.5	2.5	3.0
	185	0.0	0.0	0.0	0.5	2.4	2.9
	186	0.0	0.0	0.0	0.4	2.3	2.8
	187	0.0	0.0	0.0	0.4	2.2	2.6
	188	0.0	0.0	0.0	0.4	2.1	2.5
27	189	0.0	0.0	0.0	0.4	2.0	2.4
	190	0.0	0.0	0.0	0.3	1.9	2.3
	191	0.0	0.0	0.0	0.3	1.8	2.2
	192	0.0	0.0	0.0	0.3	1.8	2.1
	193	0.0	0.0	0.0	0.3	1.7	2.0
	194	0.0	0.0	0.0	0.3	1.6	1.9
	195	0.0	0.0	0.0	0.3	1.5	1.8
28	196	0.0	0.0	0.0	0.2	1.5	1.7