ADVANCED POWER CYCLE - LEVEL I

107-DAY STRUCTURED PLAN

DAY	TESTOSTERONE CYPIONATE	NANDROLONE DECANOATE	OXYMETHOLONE	HCG	CLOMIPHENE
1	400 mg	250 mg	50 mg daily		
2			50 mg daily		
3			50 mg daily		
4	200 mg	250 mg	50 mg daily		
5			50 mg daily		
6			50 mg daily		
7			50 mg daily		
8	400 mg	250 mg	100 mg daily		
9			100 mg daily		
10			100 mg daily		
11	200 mg	250 mg	100 mg daily		
12			100 mg daily		
13			100 mg daily		
14			100 mg daily		
15	400 mg	250 mg	150 mg daily		
16			150 mg daily		
17			150 mg daily		
18	200 mg	250 mg	150 mg daily		
19			150 mg daily		
20			150 mg daily		
21			150 mg daily		
22	400 mg	250 mg	200 mg daily		
23			200 mg daily		
24			200 mg daily		
25	200 mg	250 mg	200 mg daily		
26			200 mg daily		
27			200 mg daily		
28			200 mg daily		
29	400 mg	250 mg	150 mg daily		
30			150 mg daily		
31			150 mg daily		
32	200 mg	250 mg	150 mg daily		
33			150 mg daily		
34			150 mg daily		
35			100 mg daily		
36	400 mg	250 mg	100 mg daily		
37			100 mg daily		
38			100 mg daily		
39	200 mg	250 mg	50 mg daily		
40			50 mg daily		
41			50 mg daily		
42			50 mg daily		
43	400 mg	250 mg			
44					
45					
46	200 mg	250 mg			
47					
48					

49					
50	400 mg	250 mg			
51					
52					
53	200 mg	250 mg			
54					
55					
56					
57	400 mg	250 mg			
58					
59					
60	200 mg	250 mg			
61					
62					
63					
64	400 mg	250 mg		1500 IU	
65					
66					
67	200 mg	250 mg		1500 IU	
68					
69					
70				1500 IU	
71					
72					
73				1500 IU	
74					
75					
76				1500 IU	
77					
78					300 mg daily
79				1500 IU	150 mg daily
80					100 mg daily
81					100 mg daily
82				1000 IU	100 mg daily
83					100 mg daily
84					100 mg daily
85					100 mg daily
86					100 mg daily
87					100 mg daily
88					100 mg daily
89					100 mg daily
90					100 mg daily
91					100 mg daily
92					100 mg daily
93					50 mg daily
94					50 mg daily
95					50 mg daily
96					50 mg daily
97					50 mg daily
98					50 mg daily
99					50 mg daily
100					50 mg daily

101					50 mg daily
102					50 mg daily
103					50 mg daily
104					50 mg daily
105					50 mg daily
106					50 mg daily
107					50 mg daily