# BEGINNER MUSCLE CYCLE – LEVEL I

101-DAY STRUCTURED PLAN

| DAY | METHANDIENONE | STANOZOLOL | CLOMIPHENE |
|---|---|---|---|
| 1 | 20 mg daily | | |
| 2 | 20 mg daily | | |
| 3 | 20 mg daily | | |
| 4 | 20 mg daily | | |
| 5 | 20 mg daily | | |
| 6 | 20 mg daily | | |
| 7 | 40 mg daily | | |
| 8 | 40 mg daily | | |
| 9 | 40 mg daily | | |
| 10 | 40 mg daily | | |
| 11 | 40 mg daily | | |
| 12 | 40 mg daily | | |
| 13 | 40 mg daily | | |
| 14 | 40 mg daily | | |
| 15 | 40 mg daily | 20 mg daily | |
| 16 | 40 mg daily | 20 mg daily | |
| 17 | 40 mg daily | 20 mg daily | |
| 18 | 40 mg daily | 20 mg daily | |
| 19 | 40 mg daily | 20 mg daily | |
| 20 | 40 mg daily | 20 mg daily | |
| 21 | 40 mg daily | 40 mg daily | |
| 22 | 40 mg daily | 40 mg daily | |
| 23 | 40 mg daily | 40 mg daily | |
| 24 | 40 mg daily | 40 mg daily | |
| 25 | 40 mg daily | 40 mg daily | |
| 26 | 40 mg daily | 40 mg daily | |
| 27 | 40 mg daily | 40 mg daily | |
| 28 | 40 mg daily | 40 mg daily | |
| 29 | 40 mg daily | 40 mg daily | |
| 30 | 40 mg daily | 40 mg daily | |
| 31 | 40 mg daily | 40 mg daily | |
| 32 | 40 mg daily | 40 mg daily | |
| 33 | 40 mg daily | 40 mg daily | |
| 34 | 40 mg daily | 40 mg daily | |
| 35 | 40 mg daily | 40 mg daily | |
| 36 | 40 mg daily | 40 mg daily | |
| 37 | 40 mg daily | 40 mg daily | |
| 38 | 40 mg daily | 40 mg daily | |
| 39 | 40 mg daily | 40 mg daily | |
| 40 | 40 mg daily | 40 mg daily | |
| 41 | 40 mg daily | 40 mg daily | |
| 42 | 40 mg daily | 40 mg daily | |
| 43 | 40 mg daily | 40 mg daily | |
| 44 | 40 mg daily | 40 mg daily | |
| 45 | 40 mg daily | 40 mg daily | |
| 46 | 40 mg daily | 40 mg daily | |
| 47 | 40 mg daily | 40 mg daily | |
| 48 | 40 mg daily | 40 mg daily | |
| 49 | 40 mg daily | 40 mg daily | |
| 50 | 40 mg daily | 40 mg daily | |
| 51 | 20 mg daily | 40 mg daily | |
| 52 | 20 mg daily | 40 mg daily | |

| | | | |
|---|---|---|---|
| **53** | 20 mg daily | 40 mg daily | |
| **54** | 20 mg daily | 40 mg daily | |
| **55** | 20 mg daily | 40 mg daily | |
| **56** | 20 mg daily | 40 mg daily | |
| **57** | | 40 mg daily | |
| **58** | | 40 mg daily | |
| **59** | | 40 mg daily | |
| **60** | | 40 mg daily | |
| **61** | | 40 mg daily | |
| **62** | | 40 mg daily | |
| **63** | | 40 mg daily | |
| **64** | | 40 mg daily | |
| **65** | | 20 mg daily | |
| **66** | | 20 mg daily | |
| **67** | | 20 mg daily | |
| **68** | | 20 mg daily | |
| **69** | | 20 mg daily | |
| **70** | | 20 mg daily | |
| **71** | | | |
| **72** | | | 300 mg daily |
| **73** | | | 150 mg daily |
| **74** | | | 100 mg daily |
| **75** | | | 100 mg daily |
| **76** | | | 100 mg daily |
| **77** | | | 100 mg daily |
| **78** | | | 100 mg daily |
| **79** | | | 100 mg daily |
| **80** | | | 100 mg daily |
| **81** | | | 100 mg daily |
| **82** | | | 100 mg daily |
| **83** | | | 100 mg daily |
| **84** | | | 100 mg daily |
| **85** | | | 100 mg daily |
| **86** | | | 100 mg daily |
| **87** | | | 50 mg daily |
| **88** | | | 50 mg daily |
| **89** | | | 50 mg daily |
| **90** | | | 50 mg daily |
| **91** | | | 50 mg daily |
| **92** | | | 50 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 |