BEGINNER MUSCLE CYCLE - LEVEL II

111-DAY STRUCTURED PLAN

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

48				
49				
50	250 mg	250 mg		
51				
52				
53	250 mg			
54				
55				
56				
57	250 mg	250 mg		
58				
59				
60	250 mg			
61				
62				
63				
64	250 mg	250 mg		
65				
66				
67	250 mg			
68				
69				1500 IU
70				
71				
72				
73				
74				1500 IU
75				
76				
77				
78				
79				1500 IU
80				
81				
82			300 mg daily	
83			150 mg daily	500 IU
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			100 mg daily	
94			100 mg daily	
95			100 mg daily	
96			100 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	
108			50 mg daily	
109			50 mg daily	
110			50 mg daily	
111			50 mg daily	