BEGINNER MUSCLE CYCLE – LEVEL III

111-DAY STRUCTURED PLAN

DAY	TESTOSTERONE ENANTHATE	NANDROLONE DECANOATE	METHANDIENONE	ANASTRAZOLE	CLOMIPHENE	HCG
1	250 mg	250 mg	20 mg daily			
2			20 mg daily			
3			20 mg daily			
4	250 mg		20 mg daily			
5			20 mg daily			
6			20 mg daily			
7			40 mg daily			
8	250 mg	250 mg	40 mg daily			
9			40 mg daily			
10			40 mg daily			
11	250 mg		40 mg daily			
12			40 mg daily			
13			40 mg daily			
14			40 mg daily			
15	250 mg	250 mg	40 mg daily			
16			40 mg daily			
17			40 mg daily			
18	250 mg		40 mg daily			
19			40 mg daily			
20			40 mg daily			
21			40 mg daily			
22	250 mg	250 mg	40 mg daily			
23			40 mg daily			
24			40 mg daily			
25	250 mg		40 mg daily			
26			40 mg daily			
27			40 mg daily			
28			40 mg daily			
29	250 mg	250 mg	40 mg daily	1 mg daily		
30			40 mg daily			
31			40 mg daily	1 mg daily		
32	250 mg		40 mg daily			
33			40 mg daily	1 mg daily		
34			40 mg daily			
35			40 mg daily	1 mg daily		
36	250 mg	250 mg	40 mg daily			
37			40 mg daily	1 mg daily		
38			40 mg daily			
39	250 mg		40 mg daily	1 mg daily		
40			40 mg daily			
41			40 mg daily	1 mg daily		
42			40 mg daily			
43	250 mg	250 mg	40 mg daily	1 mg daily		
44			40 mg daily			
45			40 mg daily	1 mg daily		
46	250 mg		40 mg daily			
47			40 mg daily	1 mg daily		
48			40 mg daily			
49			40 mg daily	1 mg daily		
50	250 mg	250 mg	40 mg daily			
51			20 mg daily	1 mg daily		
52			20 mg daily			
53	250 mg		20 mg daily	1 mg daily		
54			20 mg daily			
55			20 mg daily	1 mg daily		
56			20 mg daily			
57	250 mg	250 mg		1 mg daily		
58						

59				1 mg daily		
60	250 mg					
61				1 mg daily		
62						
63				1 mg daily		
64	250 mg	250 mg				
65				1 mg daily		
66						
67	250 mg			1 mg daily		
68						
69				1 mg daily		1500 IU
70						
71				1 mg daily		
72						
73				1 mg daily		
74						1500 IU
75				1 mg daily		
76						
77				1 mg daily		
78						
79				1 mg daily		1500 IU
80						
81				1 mg daily		
82					300 mg daily	
83				1 mg daily	150 mg daily	500 IU
84					100 mg daily	
85				1 mg daily	100 mg daily	
86					100 mg daily	
87				1 mg daily	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	