CUTTING DEFINITION CYCLE - PHASE I

87-DAY STRUCTURED PLAN

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

48		30 mg daily		6 mg daily	
49		30 mg daily	4 mcg daily		
50		20 mg daily	4 mcg daily		
51		20 mg daily	4 mcg daily		
52		20 mg daily	4 mcg daily		
53		20 mg daily	4 mcg daily		
54		20 mg daily	4 mcg daily		
55		20 mg daily	4 mcg daily		
56		20 mg daily	4 mcg daily		
57		20 mg daily	4 mcg daily		
58			4 mcg daily		300 mg daily
59			4 mcg daily		150 mg daily
60			2 mcg daily		100 mg daily
61			2 mcg daily		100 mg daily
62			2 mcg daily		100 mg daily
63					100 mg daily
64					100 mg daily
65					100 mg daily
66					100 mg daily
67					100 mg daily
68					100 mg daily
69					100 mg daily
70					100 mg daily
71					100 mg daily
72					100 mg daily
73					50 mg daily
74					50 mg daily
75					50 mg daily
76					50 mg daily
77					50 mg daily
78					50 mg daily
79					50 mg daily
80					50 mg daily
81					50 mg daily
82					50 mg daily
83					50 mg daily
84					50 mg daily
85					50 mg daily
86					50 mg daily
87					50 mg daily