# CUTTING DEFINITION CYCLE - PHASE III

70-DAY STRUCTURED PLAN

| DAY | TESTOSTERONE PROPIONATE | TRENBOLONE ACETATE | OXANDROLONE | STANOZOLOL | CLENBUTEROL | MESTEROLONE | CLOMIPHENE | HCG |
|---|---|---|---|---|---|---|---|---|
| 1 | 150 mg | 100 mg | | 20 mg daily | 2 mcg daily | | | |
| 2 | | | | 20 mg daily | 2 mcg daily | | | |
| 3 | 150 mg | 100 mg | | 20 mg daily | 4 mcg daily | | | |
| 4 | | | | 20 mg daily | 4 mcg daily | | | |
| 5 | 150 mg | 100 mg | | 20 mg daily | 4 mcg daily | | | |
| 6 | | | | 20 mg daily | 4 mcg daily | | | |
| 7 | 150 mg | 100 mg | | 20 mg daily | 4 mcg daily | | | |
| 8 | | | | 30 mg daily | 6 mcg daily | | | |
| 9 | 150 mg | 100 mg | | 30 mg daily | 6 mcg daily | | | |
| 10 | | | | 30 mg daily | 6 mcg daily | | | |
| 11 | 150 mg | 100 mg | | 30 mg daily | 6 mcg daily | | | |
| 12 | | | | 30 mg daily | 6 mcg daily | | | |
| 13 | 150 mg | 100 mg | | 30 mg daily | 6 mcg daily | | | |
| 14 | | | | 30 mg daily | 6 mcg daily | | | |
| 15 | 150 mg | 100 mg | | 40 mg daily | | | | |
| 16 | | | 30 mg daily | 40 mg daily | | | | |
| 17 | 150 mg | 100 mg | 30 mg daily | 40 mg daily | | | | |
| 18 | | | 30 mg daily | 40 mg daily | | | | |
| 19 | 150 mg | 100 mg | 30 mg daily | 40 mg daily | | | | |
| 20 | | | 30 mg daily | 40 mg daily | | | | |
| 21 | 150 mg | 100 mg | 30 mg daily | 40 mg daily | | | | |
| 22 | | | 30 mg daily | 40 mg daily | 6 mcg daily | | | |
| 23 | 150 mg | 100 mg | 40 mg daily | 40 mg daily | 6 mcg daily | | | |
| 24 | | | 40 mg daily | 40 mg daily | 6 mcg daily | | | |
| 25 | 150 mg | 100 mg | 40 mg daily | 40 mg daily | 6 mcg daily | | | |
| 26 | | | 40 mg daily | 40 mg daily | 6 mcg daily | | | |
| 27 | 150 mg | 100 mg | 40 mg daily | 40 mg daily | 6 mcg daily | | | |
| 28 | | | 40 mg daily | 40 mg daily | 6 mcg daily | | | |
| 29 | 150 mg | 100 mg | 40 mg daily | 30 mg daily | 6 mcg daily | | | |
| 30 | | | 60 mg daily | 30 mg daily | 6 mcg daily | | | |
| 31 | 150 mg | 100 mg | 60 mg daily | 30 mg daily | 6 mcg daily | | | |
| 32 | | | 60 mg daily | | 6 mcg daily | | | |
| 33 | 150 mg | 100 mg | 60 mg daily | | 6 mcg daily | | | |
| 34 | | | 60 mg daily | | 6 mcg daily | | | |
| 35 | 150 mg | 100 mg | 60 mg daily | | 6 mcg daily | | | |
| 36 | | | 60 mg daily | | | | | |
| 37 | 150 mg | 100 mg | 40 mg daily | | | | | 1500 IU |
| 38 | | | 30 mg daily | | | 75 mg daily | | |
| 39 | 150 mg | 100 mg | 20 mg daily | | | 75 mg daily | | |
| 40 | | | | | | 75 mg daily | | 1500 IU |
| 41 | | | | | | 75 mg daily | 300 mg daily | |
| 42 | | | | | | 75 mg daily | 150 mg daily | |
| 43 | | | | | 4 mcg daily | 75 mg daily | 100 mg daily | 1500 IU |
| 44 | | | | | 4 mcg daily | 75 mg daily | 100 mg daily | |
| 45 | | | | | 4 mcg daily | 50 mg daily | 100 mg daily | |
| 46 | | | | | 4 mcg daily | 50 mg daily | 100 mg daily | 1500 IU |
| 47 | | | | | 4 mcg daily | 50 mg daily | 100 mg daily | |
| 48 | | | | | 4 mcg daily | 50 mg daily | 100 mg daily | |
| 49 | | | | | 4 mcg daily | 50 mg daily | 100 mg daily | 1500 IU |
| 50 | | | | | 4 mcg daily | 50 mg daily | 100 mg daily | |
| 51 | | | | | 4 mcg daily | 50 mg daily | 100 mg daily | |
| 52 | | | | | 4 mcg daily | 50 mg daily | 100 mg daily | 1500 IU |
| 53 | | | | | 4 mcg daily | 50 mg daily | 100 mg daily | |
| 54 | | | | | 2 mcg daily | 50 mg daily | 100 mg daily | |
| 55 | | | | | 2 mcg daily | 25 mg daily | 100 mg daily | 1000 IU |
| 56 | | | | | 2 mcg daily | 25 mg daily | 50 mg daily | |
| 57 | | | | | | 25 mg daily | 50 mg daily | |
| 58 | | | | | | 25 mg daily | 50 mg daily | |
| 59 | | | | | | 25 mg daily | 50 mg daily | |
| 60 | | | | | | 25 mg daily | 50 mg daily | |
| 61 | | | | | | 25 mg daily | 50 mg daily | |
| 62 | | | | | | 25 mg daily | 50 mg daily | |
| 63 | | | | | | 25 mg daily | 50 mg daily | |
| 64 | | | | | | | 50 mg daily | |
| 65 | | | | | | | 50 mg daily | |
| 66 | | | | | | | 50 mg daily | |
| 67 | | | | | | | 50 mg daily | |
| 68 | | | | | | | 50 mg daily | |
| 69 | | | | | | | 50 mg daily | |
| 70 | | | | | | | 50 mg daily | |