MR. OLYMPIA PRO CYCLE - LEVEL I

65-DAY STRUCTURED PLAN

DAY	TESTOSTERONE ENANTHATE	TRENBOLONE ENANTHATE	BOLDENONE	METHANDIENONE	ANASTRAZOLE	TAMOXIFEN	HGH
1	500 mg	400 mg	400 mg	40 mg daily	1 mg daily	10 mg daily	4 IU
2				40 mg daily		10 mg daily	4 IU
3				40 mg daily	1 mg daily	10 mg daily	4 IU
4	250 mg	200 mg	400 mg	40 mg daily		10 mg daily	4 IU
5				40 mg daily	1 mg daily	10 mg daily	4 IU
6				40 mg daily		10 mg daily	4 IU
7				40 mg daily	1 mg daily	10 mg daily	4 IU
8	500 mg	400 mg	400 mg	50 mg daily		10 mg daily	4 IU
9				50 mg daily	1 mg daily	10 mg daily	4 IU
10				50 mg daily		10 mg daily	4 IU
11	250 mg	200 mg	400 mg	50 mg daily	1 mg daily	10 mg daily	4 IU
12				50 mg daily		10 mg daily	4 IU
13				50 mg daily	1 mg daily	10 mg daily	4 IU
14				50 mg daily		10 mg daily	4 IU
15	500 mg	400 mg	400 mg	60 mg daily	1 mg daily	10 mg daily	4 IU
16				60 mg daily		10 mg daily	4 IU
17				60 mg daily	1 mg daily	10 mg daily	4 IU
18	500 mg	200 mg	400 mg	60 mg daily		10 mg daily	4 IU
19				60 mg daily	1 mg daily	10 mg daily	4 IU
20				60 mg daily		10 mg daily	4 IU
21				60 mg daily	1 mg daily	10 mg daily	4 IU
22	500 mg	400 mg	400 mg	60 mg daily		10 mg daily	4 IU
23				70 mg daily	1 mg daily	10 mg daily	4 IU
24				70 mg daily		10 mg daily	4 IU
25	500 mg	400 mg	400 mg	70 mg daily	1 mg daily	10 mg daily	4 IU
26				70 mg daily		10 mg daily	4 IU
27				70 mg daily	1 mg daily	10 mg daily	4 IU
28				70 mg daily		10 mg daily	4 IU
29	500 mg	400 mg	400 mg	70 mg daily	1 mg daily	10 mg daily	4 IU
30				80 mg daily		10 mg daily	4 IU
31				80 mg daily	1 mg daily	20 mg daily	4 IU
32	500 mg	400 mg	400 mg	80 mg daily		20 mg daily	4 IU
33				80 mg daily	1 mg daily	20 mg daily	4 IU
34				80 mg daily		20 mg daily	4 IU
35				80 mg daily	1 mg daily	20 mg daily	4 IU
36	500 mg	400 mg	400 mg	80 mg daily		20 mg daily	4 IU
37				90 mg daily	1 mg daily	20 mg daily	4 IU
38				90 mg daily		20 mg daily	4 IU
39	500 mg	400 mg	400 mg	90 mg daily	1 mg daily	20 mg daily	4 IU
40				90 mg daily		20 mg daily	4 IU
41				90 mg daily	1 mg daily	20 mg daily	4 IU
42				90 mg daily		20 mg daily	4 IU
43	500 mg	400 mg	400 mg	100 mg daily	1 mg daily	20 mg daily	4 IU
44				100 mg daily		20 mg daily	4 IU
45				100 mg daily	1 mg daily	20 mg daily	4 IU
46				100 mg daily		20 mg daily	6 IU
47	500 mg	400 mg	400 mg	100 mg daily	1 mg daily	20 mg daily	6 IU
48				100 mg daily		20 mg daily	6 IU
49				100 mg daily	1 mg daily	20 mg daily	6 IU
50	500 mg	400 mg	400 mg	100 mg daily		20 mg daily	6 IU
51				100 mg daily	1 mg daily	20 mg daily	6 IU
52				100 mg daily		20 mg daily	6 IU
53				100 mg daily	1 mg daily	20 mg daily	6 IU
54	500 mg	400 mg	400 mg	100 mg daily		20 mg daily	6 IU
55				100 mg daily	1 mg daily	20 mg daily	6 IU
56						20 mg daily	6 IU
57					1 mg daily	20 mg daily	6 IU
58	500 mg	400 mg	400 mg			20 mg daily	6 IU
59					1 mg daily	20 mg daily	6 IU
60						20 mg daily	6 IU
61	500 mg	400 mg	400 mg		1 mg daily	20 mg daily	6 IU
62						20 mg daily	6 IU
63					1 mg daily	20 mg daily	6 IU
64						20 mg daily	6 IU
65	500 mg	400 mg	300 mg		1 mg daily	20 mg daily	6 IU