WOMAN´S PHYSIQUE CYCLE - SHAPE II

85-DAY STRUCTURED PLAN

DAY	METHENOLONE ENANTHATE	STANOZOLOL INJ.	OXANDROLONE	TAMOXIFEN
1	50 mg		10 mg daily	
2			10 mg daily	
3			10 mg daily	
4			10 mg daily	
5			10 mg daily	
6			10 mg daily	
7	75 mg		10 mg daily	
8			10 mg daily	
9			10 mg daily	
10			10 mg daily	
11			10 mg daily	
12			10 mg daily	
13			10 mg daily	
14	75 mg		10 mg daily	
15			10 mg daily	
16			10 mg daily	
17			20 mg daily	
18			20 mg daily	
19			20 mg daily	
20			20 mg daily	
21	100 mg		20 mg daily	
22			20 mg daily	
23			20 mg daily	
24			20 mg daily	
25			20 mg daily	
26			20 mg daily	
27			20 mg daily	
28	100 mg		20 mg daily	
29			20 mg daily	
30			20 mg daily	
31			20 mg daily	10 mg daily
32			20 mg daily	10 mg daily
33			20 mg daily	10 mg daily
34			20 mg daily	10 mg daily
35	100 mg		20 mg daily	10 mg daily
36		50 mg	20 mg daily	10 mg daily
37				10 mg daily
38				10 mg daily
39		50 mg		10 mg daily
40				10 mg daily
41				20 mg daily
42		50 mg		20 mg daily
43				20 mg daily
44				20 mg daily
45		50 mg		20 mg daily
46				20 mg daily
47				20 mg daily

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