24 Week Contest Cycle										
	Week 1	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**				
Deca 300	300mgs/week	300mgs/week	300mgs/week	300mgs/week	300mgs/week	300mgs/week				
Depotrone	250mgs/week	250mgs/week	250mgs/week	250mgs/week	250mgs/week	250mgs/week				
	Week 7	**Week 8**	**Week 9**	**Week 10**	**Week 11**	**Week 12**				
Deca 300	300mgs/week	300mgs/week	300mgs/week	300mgs/week	300mgs/week	300mgs/week				
Depotrone	250mgs/week	250mgs/week	250mgs/week	250mgs/week	250mgs/week	250mgs/week				
	Week 13	**Week 14**	**Week 15**	**Week 16**	**Week 17**	**Week 18**				
Test Prop 100	100mgs/4days	100mgs/4days	100mgs/4days	100mgs/4days	100mgs/4days	100mgs/4days				
Bold 200	200mgs/week	200mgs/week	200mgs/week	200mgs/week	200mgs/week	200mgs/week				
Winstrol tabs	30mgs/day	30mgs/day	30mgs/day	30mgs/day	30mgs/day	30mgs/day				
Kessar	30mgs/day	30mgs/day	30mgs/day	30mgs/day	30mgs/day	30mgs/day				
	Week 19	**Week 20**	**Week 21**	**Week 22**	**Week 23**	**Week 24**				
Test Prop 100	100mgs/4days	100mgs/4days	100mgs/4days	100mgs/4days	100mgs/4days	100mgs/4days				
Masteron	1.5ml/4days	1.5ml/4days	1.5ml/4days	1.5ml/4days	1.5ml/4days	1.5ml/4days				
Winstrol tabs	30mgs/day	30mgs/day	30mgs/day	30mgs/day	30mgs/day	30mgs/day				
Kessar	30mgs/day	30mgs/day	30mgs/day	30mgs/day	30mgs/day	30mgs/day				
Proviron	30mgs/day	30mgs/day	30mgs/day	30mgs/day	30mgs/day	30mgs/day				
Oxandrolone			25mgs/day	25mgs/day	50mgs/day	50mgs/day				
Aldactone				see water dropping cycle						
PCT	**Week 25**	**Week 25**	**Week 25**	**Week 25**	**Week 25**					
Clomid	50mgs/day	50mgs/day		50mgs/day	50mgs/day					
Pregnyl 1500	1500Ius/week	1500Ius/week		1500Ius/week						
Product needed:										
Deca 300	2									
Depotrone 250	2									
Test Prop 100	2									
Bold 200	1									
Winstrol tabs	8									
Kessar	3									
Masteron	1									
Oxandrolone	1									
Aldactone	11									
Clomid	2									
Pregnyl 1500	1									