

**Advanced Anabolic Stack for leaning out - This stack is a direct follow up from the advanced bulking stack and they work in conjunction**

	<b>Parabolin75 Tren Hex</b>	<b>Tren Fast Tren Fast</b>	<b>Test PP Phenyl Prop</b>	<b>Test Rapid Test Prop</b>	<b>Masteron Fast</b>	<b>Nolvadex Tbs</b>	<b>Tetroxin T3 Tbs</b>	<b>Anavar Tbs 10mg</b>	<b>Prima Bolin Tabs</b>	<b>Halotestin Tabs</b>	<b>Femara Tabs</b>
<b>Week 1</b>											
Daily Morning						1 tb	1 tb	3 tbs			
Daily Afternoon						7 tabs per week	7 tabs per week	3 tbs			
Sunday	0.5 ml	0.5 ml	3 ml		0.5 ml			42 tabs per week			
Tuesday	0.5 ml	0.5 ml	3 ml		0.5 ml						
Thursday	0.5 ml	0.5 ml	3 ml		0.5 ml						
	1.5ml per week	1.5ml per week	9 ml per week		1.5ml per week						
<b>Week 2</b>											
Daily Morning						1 tb	2 tbs	3 tbs			
Daily Afternoon						7 tabs per week	14 tabs per week	3 tbs			
Sunday	0.75 ml	1 ml	3 ml		1 ml			42 tabs per week			
Tuesday	0.75 ml	1 ml	3 ml		1 ml						
Thursday	0.75 ml	1 ml	3 ml		1 ml						
	1.25ml per week	3ml per week	9 ml per week		3ml per week						
<b>Week 3</b>											
Daily Morning						1 tb	2 tbs	3 tbs			
Daily Afternoon						7 tabs per week	21 tabs per week	3 tbs			
Sunday	1 ml	1 ml	3 ml		1 ml			42 tabs per week			
Tuesday	1 ml	1 ml	3 ml		1 ml						
Thursday	1 ml	1 ml	3 ml		1 ml						
	3ml per week	3ml per week	9 ml per week		3ml per week						
<b>Week 4</b>											
Daily Morning						1 tb	2 tbs	3 tbs			
Daily Afternoon						7 tabs per week	21 tabs per week	3 tbs			
Sunday	1 ml	1 ml	3 ml		1 ml			42 tabs per week			
Tuesday	1 ml	1 ml	3 ml		1 ml						
Thursday	1 ml	1 ml	3 ml		1 ml						
	3ml per week	3ml per week	9 ml per week		3ml per week						
<b>Week 5</b>											
Daily Morning						1 tb	2 tbs	3 tbs			
Daily Afternoon						7 tabs per week	21 tabs per week	3 tbs			
Sunday	1 ml	1 ml	3 ml		1 ml			42 tabs per week			
Tuesday	1 ml	1 ml	3 ml		1 ml						
Thursday	1 ml	1 ml	3 ml		1 ml						
	3ml per week	3ml per week	9 ml per week		3ml per week						
<b>Week 6</b>											
Daily Morning						1 tb	2 tbs	3 tbs			
Daily Afternoon						7 tabs per week	21 tabs per week	3 tbs			
Sunday	1 ml	1 ml	2 ml		1 ml			42 tabs per week			
Tuesday	1 ml	1 ml	2 ml		1 ml						
Thursday	1 ml	1 ml	1 ml	1 ml	1 ml						
	3ml per week	3ml per week	6 ml per week	1 ml per week	3ml per week						
<b>Week 7</b>											
Daily Morning							2 tbs		2 tabs		1 tab
Daily Afternoon							1 tb		2 tabs		7 tabs per week
Sunday	1 ml	1 ml		2 ml	1 ml		21 tabs per week		28 tabs per week		
Tuesday	1 ml	1 ml		2 ml	1 ml						
Thursday	1 ml	1 ml		2 ml	1 ml						
	3ml per week	3ml per week		6 ml per week	3ml per week						
<b>Week 8</b>											
Daily Morning							1 tb		2 tabs		1 tab
Daily Afternoon							1 tb		2 tabs		7 tabs per week
Sunday	1 ml	1 ml		2 ml	1 ml		14 tabs per week		28 tabs per week		
Tuesday	1 ml	1 ml		2 ml	1 ml						
Thursday	1 ml	1 ml		2 ml	1 ml						
	3ml per week	3ml per week		3ml per week	3ml per week						
<b>Week 9</b>											
Daily Morning							1 tb		2 tabs	2 tabs	1 tab
Daily Afternoon							1 tb		2 tabs	2 tabs	7 tabs per week
Sunday	1 ml	1 ml		2 ml	1 ml		14 tabs per week		28 tabs per week	28 tabs per week	
Tuesday	1 ml	1 ml		2 ml	1 ml						
Thursday	1 ml	1 ml		2 ml	1 ml						
	3ml per week	3ml per week		3ml per week	3ml per week						
<b>Week 10</b>											
Daily Morning							1 tb		2 tabs	2 tabs	1 tab
Daily Afternoon							7 tabs per week		2 tabs	2 tabs	7 tabs per week
Sunday	1 ml	1 ml		0.5 ml					28 tabs per week	28 tabs per week	
Tuesday	1 ml	1 ml		0.5 ml							
Thursday	1 ml	1 ml		0.5 ml							
	3ml per week	3ml per week		1.5 ml							
<b>Week 11</b>											
<b>PCT with Pregnal + Nolvadex and Ciccolibido for maintenance</b>											
<b>Total Needed -----&gt;&gt;&gt;</b>											
	27 ml total <b>Parabolin75 Tren Hex</b>	28.5 ml total <b>Tren Fast Tren Fast</b>	50 ml total <b>Test PP Phenyl Prop</b>	14.5 ml total <b>Test Rapid Test Prop</b>	22.5 ml total <b>Masteron Fast</b>	42 tabs total <b>Nolvadex Tbs</b>	189 tabs total <b>Tetroxin T3 Tbs</b>	250 tabs total <b>Anavar Tbs 10mg</b>	108 tabs total <b>Prima Bolin Tabs</b>	42 tabs total <b>Halotestin Tabs</b>	28 tabs total <b>Femara Tabs</b>

**Notes**

This stack works in conjunction with a high testosterone bulking stack that was a runner up to this stack. This is a leaning out stack after the bulking stack and cannot be taken alone without the bulking stack preceding this. If you want to use this stack pre contest you will have to drop the testosterone propionate 2 weeks before the show. If you just want to use it to lean out but not for stage you may leave the test prop in