

Peptide stack PEG MGF Mechano Growth with IGF1 R3 Long for increasing quad sweeps (vastus lateralis)

	Monday Quads Hamstrings	Tuesday Chest	Wednesday Shoulders	Thursday Hamstrings predominantly Quads	Friday Back	Saturday Arms	Sunday Off Day	Total IGF1R3	Total PEG MGF
Week 1 Directly after training	PEG MGF 250 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 25 mcg In the quad bilaterally single shot	IGF1 R3 Long 25 mcg In the quad bilaterally single shot	PEG MGF 250 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 25 mcg In the quad bilaterally single shot	IGF1 R3 Long 25 mcg In the quad bilaterally single shot	Off day	2 amps	1000 mcg
Week 2 Directly after training	PEG MGF 500 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	PEG MGF 500 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	Off day	4 amps	2000 mcg
Week 3 Directly after training	PEG MGF 500 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	PEG MGF 500 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	Off day	4 amps	2000 mcg
Week 4 Directly after training	PEG MGF 500 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	PEG MGF 500 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	Off day	4 amps	2000 mcg
Week 5 Directly after training	PEG MGF 500 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	PEG MGF 500 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	IGF1 R3 Long 50 mcg In the quad bilaterally single shot	Off day	4 amps	2000 mcg
Week 6 Directly after training	PEG MGF 250 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 25 mcg In the quad bilaterally single shot	IGF1 R3 Long 25 mcg In the quad bilaterally single shot	PEG MGF 500 mcg Bilaterally In the quad Split it in 5 injections	IGF1 R3 Long 25 mcg In the quad bilaterally single shot	IGF1 R3 Long 25 mcg In the quad bilaterally single shot	Off day	2 amps	1000 mcg
Week 7 to indefinite	Growth Hormone 99% * As soon as the stack is over you go back onto a 2IU or 3IU once a day growth hormone maintenance cycle for ever. Don't stop * Take your growth as you wake up in the morning and only eat 1 hour afterwards * If you move your 3IU growth to the middle of the night (2am) or you take it as you go to be (at least two hours after your last meal) you will have a crispier look							2000 mcg 20 amps	10000 mcg 2 amps

Notes

- * Mix your IGF1 R3 Long with 1ml of water. Inject with a insulin syringe 25 marks (2.5 IU) that will be equal to 25 mcg and 50 marks (5 IU) that will be equal to 50 mcg
- * The day after your focus body part you inject the IGF1 R3 Long into the muscle group with a single injection that you want to concentrate on. Every other day under the skin in the stomach
- * The IGF1 R3 Long dose mentioned above is bilaterally. In other words Week 1 and Week 6 - 25mcg x 2 bilaterally = 50mcg and Week 2 to Week 5 - 50mcg bilaterally = 100mcg
- * Mix your PEG MGF with 2ml of water. Inject with a insulin syringe 10 marks (1IU) that will be equal to 250mcg and 20 marks (2IU) that will be equal to 500 mcg
- * The PEG MGF dose mentioned above is bilaterally. In other words Week 1 and Week 6 - 250 mcg x 2 bilaterally = 500 mcg and Week 2 to Week 5 - 500 mcg bilaterally = 1000mcg
- * When injecting a big muscle like your vastus lateralis (outside sweep of the quad) break the dose up into 5 equal injections spread along the length of the quad
- * All injections must be taken directly after your workout.
- * Because you are using the PEG MGF over a long period of time it is recommended to constitute it with Acetic Acid and not bacteriosatic water to preserve it better.
- * Constitute your peptides with Acetic Acid at half dose and on the day you want to mix it you add bacteriosatic water to dilute it. The injection will be less painful.
- * In other words mix your PEG MGF with 1ml of Acetic Acid and on the day of injection mix equal amounts of bacteriosatic water with what you draw up from the constituted Acetic Acid
- * If you do not have a issue with Acetic Acid rather use it with all your peptides than mixing it with bacteriosatic water.