

| Deca/D-bol Cycle | | | | | | |
|-------------------------|----------------|----------------|----------------|---------------|----------------|--|
| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | |
| Deca 300 | 300mgs/week | 300mgs/week | 300mgs/week | 300mgs/week | 300mgs/week | |
| D-bol | 20mgs/day | 30mgs/day | 40mgs/day | 50mgs/day | 50mgs/day | |
| Pregnyl | | | | | | |
| Clenbuterol | | | | | | |
| | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | |
| Deca 300 | 400mgs/week | 400mgs/week | 400mgs/week | 400mgs/week | 200mgs/week | |
| D-bol | 60mgs/day | | | | | |
| Pregnyl | 1500lus/week | 1500lus/week | | | | |
| Clenbuterol | | | | | | |
| | Week 11 | Week 12 | Week 13 | | | |
| Deca 300 | 200mgs/week | 100mgs/week | 100mgs/week | | | |
| D-bol | | | | | | |
| Pregnyl | | 1500lus/week | 1500lus/week | | | |
| Clenbuterol | | 80mcg/day | 120mcg/day | | | |
| Product needed: | | | | | | |
| Deca 300 | 1 x 10ml | | | | | |
| D-bol | 3 x 50 tabs | | | | | |
| Pregnyl | 1500lus x 4 | | | | | |
| Clenbuterol | 1 x50tabs | | | | | |