

Week	1	2	3	4	5	6	7	8	9	10
Test E	250mg	250mg	300mg	350mg	400mg	400mg	400mg	400mg	400mg	400mg
Anavar	30mg	40mg	40mg	50mg	50mg	60mg	60mg	60mg		
Mast E	200mg	200mg	300mg	300mg	400mg	400mg	400mg	400mg	400mg	400mg

For both Testosterone and Masteron you will inject half of the dosage Monday and Half Friday.

For Anavar you will take one dose every day, for example in the first week you need to take 30mg a day. You will split the dosage in half and take half in the morning and half in the evening, for example 15mg in the morning and 15mg in the evening.

Protections:

-500mg a day of TUDCA (this is for liver)

-3g of Fish Oil (this is for cholesterol control)

To Use:

For injections you will need to use 2ml syringes and 25g needles for shoulders or 23g needles for glutes. It is your choice where you want to inject, I suggest glutes.

PCT:

Week	Tamoxifen
1	40mg
2	40mg
3	40mg
4	20mg

Start PCT 15 days after the last injection, and you will take tamoxifen half of the dose in the morning and half in the evening.

You will need:

1xTamoxifen

2xTestosterone Enanthate

3xAnavar

2xMasteron Enanthate