

## Second book ! The cycles !!!

After much demand I decided to write a book about the cycles... This is what most people want... To basically get something in writing to follow ...

Here are the reasons I didn't disclose this information before,

Basically because 1 Everybody is different ... there is no set cycle.. Usually when a client would come to me I would ask him 3 questions ... what do you want to achieve, what don't you want to take and how much do you have to spend ... The reason for these questions is that it would narrow down what I could recommend....

The second reason is because ... the cycles is what gets the results... Also what keeps you as my client... and pays me lots of money ! .... if I gave out all my secrets.. I would be unnecessary... However as I no longer really accept clients, why let all this information go to waste.. So I decided to pass it on.

The information contained in here is my theories on how to use anabolic steroids and hormones... in a variety of combinations to get the results you would desire whilst minimizing the side effects...

One thing I need to stress is that these dosages are averages I have found that work. WITH TOP QUALITY GEAR. Let me repeat that TOP QUALITY GEAR. Now herein lies the problem... so many people talk about 1 gram of test 1000mg and the stuff is junk so what you are getting is closer to probably 250 or even 500. At this point I would like to tell you a recent story to outline this ... One of my clients at my recommendation purchased a brand of testosterone enanthate I use on a lot of my guys from pros to trt users.... Never had a complaint and never had a problem.... A few weeks later... the guy shot the whole thing, felt ill throughout and then contacted me to tell me he thinks the gear couldn't have been good as he had test flu... I told him to take maximum 500mg .... Per week...

He was dosing at 750mg from the offset... Told me he couldn't take it anymore finished the bottled and moved back to his old brand... at 750mg per week... told me it must have been real as he was dosing at 750mg and was getting test levels of 700 on his blood tests ....

My client who uses the brand I recommended tests his levels regularly and maintains a stable level of 600-700 with 150mg per week....

So you can imagine what crap people are shooting if they need 750mg to reach what my guys reach with 150mg ....

Hence the 1g of test myth...

Some of The biggest guys I know who use the cleanest gear all complain of headaches and don't bother going past 500 per week... Having said that I have seen guys shoot stupid dosages in one go ""for the fun of it"" So in this light these dosages are for people who use totally clean good quality gear....

As I stated before I would ask three main questions what do you want to achieve... What don't you want to take and how much do you have to spend...

Most often people want to cut or to lean bulk.... People don't want to take deca or tren usually as they worry about their dick not working and sometimes aromatising substances as they don't want gyno / hair loss is another issue and lastly I can design a cycle from 300 to 3000 euro ... so budget is always an issue for many people.

So based on this I would come up with the cycle... Below I will try and list the most common cycles and options that I have recommended over the years ... Some might look similar to you ...others totally alien.. But they are all cycles that I have seen work with substances that I have prescribed...

I don't recommend deca and equipoise often at all ... If anything the deca I recommend only at low dosages for joint relief... If you check out my videos you will see why I don't like eq... and deca I find that the sides on your dick outweigh the gains in the gym for most people.

The other thing about my cycles is I recommend long cycles... I have found people grow the best on these cycles and they get maximum gains up to 6 months for a single cycle... feel free to extend the basic compounds of these cycles up to 20 weeks ... even 24 weeks... But bear in mind that I find anything less than 12 weeks to be too short with compounds that are long such as primobolan enanthate and test enanthate or sustanon and especially decanoate esters.

Having said this ... I will outline below one of the old school cycles 2 of my friends had been on when they first started out.... one was given it to him by a great mr Olympia winner. The second was by a local coach in his country...

	Sustanon	Deca
Week 1	250mg	250mg
Week 2	500mg	500mg
Week 3	500mg	500mg
Week 4	500mg	500mg
Week 5	500mg	500mg
Week 6	500mg	500mg
Week 7	500mg	500mg
Week 8	500mg	500mg
Week 9	500mg	500mg
Week 10	500mg	500mg
Week 11	500mg	500mg
Week 12	500mg	500mg
Week 13	500mg	500mg
Week 14	500mg	500mg
Week 15	500mg	500mg
Week 16	250mg	250mg

That was the cycle and he grew... Not my kind of cycle... But he grew... One of the guys went on to do cycles with 6-7 different types of compounds later on .. but that was his beginner cycle... So when it comes to cycles ... its just difference of opinion.

The other thing is its also a matter of genetics... A guy can do my bulking cycle below and gain 4 kilos and another guy can do 10 shots of sustanon 1 a week for 10 weeks and gain 10 kilos... Don't forget that at the end of the day its all about genetics and how you react to the substances.... This is why I give you lots of options and I try to teach you how to create your own cycle.

My cycles as I said before are based on 3 things how you want to look, what sides you don't want to suffer and how much you have to spend... On that note .... I design them accordingly ... so here goes.

Before we start one last thing.. please look at my video on pct for how to design pct on youtube... I believe in tapering off to shorter esters before starting pct so if a cycle is 16 weeks ...I advice week 17 and 18 to take proptionate followed by an oral... or switch straight to the oral for weeks 17 and 18 so that the long ester can come out of your system whilst you are on the oral still.

Then proceed with pct.

[Check out my website www.fedyanasosovich.com](http://www.fedyanasosovich.com) also .. Plus you can find a lot of great info in the premium content about becoming successful and leading a life that you want. Also dont forget to find me on facebook twitter instagram

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Anyhow back to the cycles....

When it comes to bulking Im a firm believer in dianabol.... And test and if you can afford it hgh or igf.... So here goes ...

## Bulking cycle....

	Sustanon or test enanthate	Dianabol	Trenbolone (optional)	HGH (optional)	IGF1-Ir3 (optional)
Week 1	500mg per week	40-80mg per day	75mg - 150mg per week of tren hexa . OR 150-250mg per week of tren enanthate	5-15iu	30-100mcg per day
Week 2	500mg per week	40-80mg per day	75mg - 150mg per week of tren hexa . OR 150-250mg per week of tren enanthate	5-15iu per day	30-100mcg per day
Week 3	500mg per week	40-80mg per day	75mg - 150mg per week of tren hexa . OR 150-250mg per week of tren enanthate	5-15iu per day	30-100mcg per day
Week 4	500mg per week	40-80mg per day	75mg - 150mg per week of tren hexa . OR 150-250mg per week of tren enanthate	5-15iu per day	30-100mcg per day
Week 5	500mg per week	40-80mg (optional) per day	75mg - 150mg per week of tren hexa . OR 150-250mg per week of tren enanthate	5-15iu per day	30-100mcg per day

Week 6	500mg per week	40-80mg (optional) per day	75mg - 150mg per week of tren hexa . OR 150-250mg per week of tren enanthate	5-15iu per day	30-100mcg per day
Week 7	500mg per week	40-80mg (if you feel like you aren't stressing your liver) per day	75mg - 150mg per week of tren hexa . OR 150-250mg per week of tren enanthate	5-15iu per day	
Week 8	500mg per week	40-80mg(if you feel like you aren't stressing your liver) per day	75mg - 150mg per week of tren hexa . OR 150-250mg per week of tren enanthate	5-15iu per day	
Week 9	500mg per week	40-80mg(if you feel like you aren't stressing your liver) per day	75mg - 150mg per week of tren hexa . OR 150-250mg per week of tren enanthate	5-15iu per day	
Week 10	500mg per week	40-80mg(if you feel like you aren't stressing your liver) per day	75mg - 150mg per week of tren hexa . OR 150-250mg per week of tren enanthate	5-15iu per day	
Week 11	500mg per week	40-80mg(if you feel like you aren't stressing your liver) per day	75mg - 150mg per week of tren hexa . OR 150-250mg per	5-15iu per day	

			week of tren enanthate		
Week 12	500mg per week	40-80mg (if you feel like you aren't stressing your liver) per day	75mg - 150mg per week of tren hexa . OR 150- 250mg per week of tren enanthate	5-15iu per day	30-100mcg per day
Week 13	500mg per week	40-80mg per day	75mg - 150mg per week of tren hexa . OR 150- 250mg per week of tren enanthate	5-15iu per day	30-100mcg per day
Week 14	500mg per week	40-80mg per day	75mg - 150mg per week of tren hexa . OR 150- 250mg per week of tren enanthate	5-15iu per day	30-100mcg per day
Week 15	500mg per week	40-80mg per day	75mg - 150mg per week of tren hexa . OR 150- 250mg per week of tren enanthate	5-15iu per day	30-100mcg per day
Week 16	500mg per week	40-80mg per day	75mg - 150mg per week of tren hexa . OR 150- 250mg per week of tren enanthate	5-15iu per day	30-100mcg per day

As you can see above there's always a lot of options... With the dbol for example I've seen people run it for 6 months... other people don't want to risk more than 4 ...so I put the basic cycle plus the optional dosages for those that want. I recommend taking the dbol with your meals split throughout the day

The same goes for igf... I don't know for certain what effects running igf non stop for 16 weeks would be so I break it in the middle... knowing that has had zero negative effects on any of my clients so far. By igf I mean igf1-1r3 .. I recommend taking this post workout within 30-1 hour of finishing your workout and around the time of your post workout meal.

The other options for this cycle are

1 nolvadex take as needed to reduce bloat and to combat gyno. Usage varies between 20mg per day. To 20mg 4-5 times throughout the whole cycle... depending on how prone to aromatisation the individual is. I prefer not to use it daily if you can avoid it ... better to go with masteron and proviron... OR with a totally different cycle... I you need so much ai ... this cycle isn't for you ....

You could also go with arimidex 0.5 3x per week ... but again I don't recommend this unless you know you have a problem...

2 masteron 50mg mon wed fri... will increase potency of other substances if you have the money... will also keep water / gyno down and help avoid tren dick...

3 proviron 1-2 tablets per day for the same reasons as masteron but a weaker substance.

4 cabaser for tren dick half a tablet to 1 each week..

You could remove the tren from the cycle

but I recommend you lower it to the point that it won't bother you, and add masteron to the mix... That way you can still use tren without really suffering any of the sides...

If you replace tren with deca or equipoise it is still possible... but not one of my favourites... dosages of deca would be equal to test or half that of test to avoid deca dick.... Eq would be at 600mg per week.

This generally is a more simplistic cycle .. off season or bulking ... I don't often get this unless it's from guys who are smaller and want to get big but quality fast.....

# The lean bulk

The next ones are more common cycles... I want lean gains... no water bloat and I don't want my friends to know im on gear .... Or I want to look like ZYZZ / one of the wabba nabba wbff ifbb /I want to look like such and such a model....

These are my more favourite cycles as they can make any guy look quite impressive in short amounts of time... Plus you minimize side effects from getting too fat plus too much water retention that you get on heavy bulk cycles...

	Test propionate	Primobolan inj	Tren acetate (optional)	Anavar (optional)	Winstrol (optional)	HGH (optional)
Week 1	100mg every other day. Or 100mg mon wed fri.	300-600mg per week	50mg mon wed fri	40-100mg per day	40-80mg per day (optional)	3-5 iu per day
Week 2	100mg every other day. Or 100mg mon wed fri.	300-600mg per week	50mg mon wed fri	40-100mg per day	40-80mg per day (optional)	3-5 iu per day
Week 3	100mg every other day. Or 100mg mon wed fri.	300-600mg per week	50mg mon wed fri	40-100mg per day	40-80mg per day (optional)	3-5 iu per day
Week 4	100mg every other day. Or 100mg mon wed fri.	300-600mg per week	50mg mon wed fri	40-100mg per day	40-80mg per day (optional)	3-5 iu per day
Week 5	100mg every other day. Or 100mg mon wed fri.	300-600mg per week	50mg mon wed fri	40-100mg per day	40-80mg per day (optional)	3-5 iu per day
Week 6	100mg every other day. Or 100mg mon wed fri.	300-600mg per week	50mg mon wed fri	40-100mg per day	40-80mg per day (optional)	3-5 iu per day
Week 7	100mg every other day. Or 100mg mon wed fri.	300-600mg per week	50mg mon wed fri	40-100mg per day (optional)		3-5 iu per day
Week 8	100mg every other day. Or	300-600mg per week	50mg mon wed	40-100mg per day		3-5 iu per day

	100mg mon wed fri.		fri	(optional)		
Week 9	100mg every other day. Or 100mg mon wed fri.	300-600mg per week	50mg mon wed fri	40-100mg per day (optional)		3-5 iu per day
Week 10	100mg every other day. Or 100mg mon wed fri.	300-600mg per week	50mg mon wed fri (optional)			3-5 iu per day
Week 11	100mg every other day. Or 100mg mon wed fri.	300-600mg per week	50mg mon wed fri (optional)			3-5 iu per day
Week 12	100mg every other day. Or 100mg mon wed fri.	300-600mg per week	50mg mon wed fri (optional)			3-5 iu per day
Week 13	100mg every other day. Or 100mg mon wed fri.	300-600mg per week			40-80mg per day	3-5 iu per day
Week 14	100mg every other day. Or 100mg mon wed fri.	300-600mg per week			40-80mg per day	3-5 iu per day
Week 15	100mg every other day. Or 100mg mon wed fri.	300-600mg per week			40-80mg per day	3-5 iu per day
Week 16	100mg every other day. Or 100mg mon wed fri.	300-600mg per week			40-80mg per day	3-5 iu per day

In this example you can add any of the substances to the basic cycle depending on your budget and how strong you would like to make the cycle...

Winstrol will add strength and hardness...

anavar cutting and lean gains and muscular endurance. \*\* I find a good dosage for those who can afford it is 1.1mg per kg of bodyweight for ultimate fat burning.

Tren will add a cutting effect lean muscle gains and strength.

The hgh will add lean gains plus a good fat burning effect.

Again it all depends on the budget...

Test enanthate can be substituted in place of the propionate... but I don't recommend it ... you could run it at 250-500mg per week... Mon & Thursday. However again this could produce water retention... so I would advise using nolvadex / proviron /masteron or arimidex as outlined in the bulking cycle if necessary.

Try and see which one of those you react well with when it comes to keeping the water down but not too much.

If you would like to add masteron and or proviron to this cycle to counter the effects of the trenbolone, then it's a welcome addition . Generally people don't retain a lot of water with propionate so it isn't generally necessary.

Lastly you could add igf1 as outlined in the bulk cycle... however I would limit the amount of compounds used at the end of the day it is a lean bulk cycle and you don't want to use so many compounds that you saturate in them and they go to waste.

With time you will see what compounds you favour and adjust the cycle dosages accordingly....

Incase its not clear to you when I write optional.... **On the top of the table.** I write optional because you can choose to include the substance in your cycle... The more substances you include the stronger the cycle. The less you chose the more basic the cycle. Your best bet is to see how you react to different substances and see how you like to incorporate them.

**The second time I write optional is down the table.** The reason I write it a second time is because either for budget reasons or for health reasons and worrying about your liver you feel like its too much to include the substance thus it is optional... For example in this chart someone decides to do

Test & primo which is your basic cycle plus anavar and winstrol...

He will have to run the test and primo for 16 weeks... and will have to run the anavar for the first 6.. he may choose to run test and primo for 16 weeks and anavar for the first 9

Another option is we will run test and primo for 16 weeks anavar for the first 6 or anavar for the first 9 and winstrol for the first 6 and last 4

Or he may choose to run test and primo for 16 ... anavar for the first 6 and winstrol only for the last 4.....

In the way I have described the cycles .. I give you the freedom to add the substances to design your own cycle... whilst still keeping the correct format....

The winstrol is added in the beginning as a kickstart to the cycle. It is added at the end to polish you off and make you hard.

If you feel its too much to compound it with the anavar you could add it only at the end of the cycle.

Anavar by comparison is a milder substance so you can choose to run it for 6 or 9 through the beginning of the cycle where it will help fat loss muscular endurance and strength...

### **Simple cycles and Oral only cycle...**

This is a short piece on doing oral only cycle or even just one compound cycles.... Some people don't like the complexity of the above cycles and want something simple to do .... This fits the bill...

Especially if they worry about losing hair (avoid dht substances like masteron or winstrol... and tren can be harsh)

If you worry about limp dick (avoid anavar tren and deca) or combat it by adding prop and masteron

If you worry about aromatisin stick to test prop plus masteron or test prop plus an anti e / ai .... Or only primo/ only anavar

Test prop (50-100mg eod – 3x per week)

test prop (50-100mg eod – 3x per week) or test enanthate (250mg – 500mg mon thurs ) and masteron ( 50mg mon wed fri )

Test prop (50-100mg eod – 3x per week) and winstrol (40-80mg per day),

test prop (50-100mg eod – 3x per week) and anavar (40-100mg per day)

test prop (50-100mg eod – 3x per week) or test enanthate (250mg – 500mg mon thurs ) with masteron ( 50mg mon wed fri ) or proviron 2 tablets per day

to any of the above add some hgh 3-10iu or igf1-lr3 at 40-100mcg per day....

only primo injectable (300-600mg per week)

only anavar (40-100mg per day)

only winstrol (40-80mg per day)

only dbol (40-100mg per day)

At this point I want to talk a bit about substances that are more specific... For my clients that like endurance sports I recommend primobolan test prop and anavar... in any one of the combinations you have seen in this book so far..... For people who want to stay in the same weight category and get stronger winstrol or halotestin... plus test prop plus masteron .... Lastly instead of test prop you

could use suspension... I.e testosterone with no ester.. however that will bloat you out a little... hence why I would say the masteron again to keep water down... or at least nolvadex / ai...

Also this is a case of where I would say if you want to use a lot of winstrol or halotestin if joint pain is a concern then very low dose deca ... even as low as 75mg a week for a few weeks will lubricate your joints enough to counteract any damage winstrol may cause...

So for someone who doesn't worry about joint damage you could go with

Test prop or test suspension + winstrol/halotestin + mast

Or only test prop/ test susp (50mg every day)

Or only winstrol/halotestin (10-20mg per day halotestin is extremely toxic so I would keep usage down to under 4 weeks)

If you worry about joint pain I would cycle it as test prop / test susp + winstrol/halo + deca....

Deca plus winstrol or halo without test would wreak havoc on your dick and I wouldn't recommend that...

Again dosages and length of time have been outlined over and over again ....

Cycle length should be around 6 weeks for orals ... 8-12 weeks for short inj substances and for longer acting esters 12+ weeks....

The last cycle I will talk about is cutting... This is to get the bodyfat down into the much coveted "I WANT ABS" state..... I hope that the book has helped you grasp an insight to what to take and how to combine things I have tried to write this book from the view point of what my clients have always asked me and all the different options I gave them... I will try and give you an example of what conversations usually went like so you could get into the mentality of cycle design a little better....

Me: What do you want to achieve

\*: I want to cut

Me: is there any substances you don't want to take

\*: tren ....

Ok then prop anavar clen.

Do you have the cash for hgh ?

No / yes

.....

Me: What do you want to achieve

\*: I want lean gains with strength....

Me : Is there anything you don't want to take ?

\*: winstrol for joints...

Me : Ok test prop with low dose anavar and tren plus if you have money masteron.

Me: What do you want to achieve

\*: I want lean gains with strength....

Me : Is there anything you don't want to take ?

\*: tren ...

Me : Ok test prop + winstrol and primobolan...

You see my idea is that you can always achieve similar results by substituting different substances for another substance.... And working around that...

## Cutting cycle !

On to the last cycle and most peoples favourites... The thing most people don't get is its actually quite easy to cut... if you are genetically blessed... All you need to do is shoot prop for a few weeks and you will be cut as fuck... One of my mates I used to box with always looked normal when he was natural... not too big not too small... just normal... He would never diet ... shoot sustanon .. not even prop... sustanon was his favourite... for a couple of months... and he would get a full fucking six pack... whilst eating ice cream and pizza and fries for post workout food...

For those of us that aren't so lucky... heres the steroid plan.

	Test propionate	Tren acetate	Masteron	Anavar	Winstrol	HGH (optional)	High fragment (176-191) (optional)
Week 1	100mg every other day. Or 100mg mon wed fri.	30-100mg 3x per week	50mg mon wed fri (optional)	40-100mg per day		3-5 iu per day	50-100mcg every couple of hours
Week 2	100mg every other day. Or 100mg mon wed fri.	30-100mg 3x per week	50mg mon wed fri (optional)	40-100mg per day		3-5 iu per day	50-100mcg every couple of hours
Week 3	100mg every other day. Or 100mg mon wed fri.	30-100mg 3x per week	50mg mon wed fri (optional)	40-100mg per day		3-5 iu per day	50-100mcg every couple of hours
Week 4	100mg every other day. Or 100mg mon wed fri.	30-100mg 3x per week	50mg mon wed fri (optional)	40-100mg per day		3-5 iu per day	50-100mcg every couple of hours
Week 5	100mg every other day. Or 100mg mon wed fri.	30-100mg 3x per week	50mg mon wed fri (optional)	40-100mg per day		3-5 iu per day	50-100mcg every couple of hours
Week 6	100mg every other day. Or 100mg mon wed fri.	30-100mg 3x per week	50mg mon wed fri (optional)	40-100mg per day		3-5 iu per day	50-100mcg every couple of hours
Week 7	100mg every	30-	50mg	40-100mg		3-5 iu per	50-

	other day. Or 100mg mon wed fri.	100mg 3x per week	mon wed fri (optional)	per day		day	100mcg every couple of hours
Week 8	100mg every other day. Or 100mg mon wed fri.	30-100mg 3x per week	50mg mon wed fri (optional)	40-100mg per day		3-5 iu per day	50-100mcg every couple of hours
Week 9	100mg every other day. Or 100mg mon wed fri.	30-100mg 3x per week	50mg mon wed fri (optional)	40-100mg per day	40-80mg per day	3-5 iu per day	50-100mcg every couple of hours
Week 10	100mg every other day. Or 100mg mon wed fri.		100mg mon wed fri	40-100mg per day (optional)	40-80mg per day	3-5 iu per day	50-100mcg every couple of hours
Week 11	100mg every other day. Or 100mg mon wed fri.		100mg mon wed fri	40-100mg per day (optional)	40-80mg per day	3-5 iu per day	50-100mcg every couple of hours
Week 12	100mg every other day. Or 100mg mon wed fri.		100mg mon wed fri	40-100mg per day (Optional)	40-80mg per day	3-5 iu per day	50-100mcg every couple of hours

The above cycle is the ideal cutting cycle... There are people who will say... can I do only anavar and test.. yes you can... can I do only anavar and clen / t4/ ephedrine.. yes you can... can I do primo and winstrol with the test instead of what you recommend yes you can... So why do I recommend the above... Because it's the ultimate fat burner, if your gonna do a cycle go all out... My pros do this cycle models etc etc etc... If you cant get your hand on this stuff or haven't got the budget try and use these substances...

Can you cut on dbol anadrol etc no because it makes you hungry you retain water and it doesn't have a fat burning effect. Can you cut on test enanthate... only if your genetically blessed otherwise you will retain too much water... etc etc etc.

The winstrol makes your hard , same with masteron and it offsets the tren dick sides... anavar tren prop burns the fat .... Etc

Lastly a word about ancillaries... yes you can use clen and t4 or ephedrine caffeine etc with this stack... I don't find they work as well as the above substances because the above substances bind to fat receptors and utilise it directly... Clen and ephedrine will speed up this process with the correct diet otherwise they would be a waste if you're just eating normally and sitting around.

Ephedrine dosage should be split up to a maximum of 50-75mg (that's a fucking high dosage) for people who have tolerance... say 12.5 every 3 hours or even 25 every 4 hours... If your stuff is underground and you don't know the potency better use less in case the tab says 25mg and it's 50 ....

Plus start off low and test your tolerance.. don't fuck about with these substances the side effects aren't like gear.. you will feel uncomfortable high heart rate, panic and might end up going to hospital because you can't calm down... same with clen...

Clen should be dosed at 20mcg or 0.02mg .... Per tablet or 40mcg / 0.04mg per tablet.

The recommended dosage is between 60mcg and 1.2mcg so that's 3 -6 tablets of the 20mcg and 1.5 - 3 tablets of the 40mcg dosage

Start off with ¼ tablets and ½ tablets so you see what it feels like...

The way a first time cycle of clen is to be used is as such if we are talking about 20 mcg

1<sup>st</sup> day ½ tab

2<sup>nd</sup> day 1 tab

3<sup>rd</sup> day 1 tab

4<sup>th</sup> day 2 tabs

5<sup>th</sup> day 2 tabs

6<sup>th</sup> day 3 tabs

7<sup>th</sup> day 4 tabs

You will continue increasing the tablets until you feel you are at the right dosage for you ... it may be 3 4 5 or 6 tabs...

If you feel like you have took too many go back to the previous dosage.. side effects include feeling cold light tremors etc... if you can deal with this stay at that dosage and don't increase it. If you feel uncomfortable drop a dosage...

So lets say in the above example you

Continue

8<sup>th</sup> day 4 tabs

9<sup>th</sup> day 5 tabs

10<sup>th</sup> day you feel jittery and uncomfortable. Drop the dosage back to 4 tabs

11<sup>th</sup> day 4 tabs

Now this is what I call your magic number ... that's the amount that's right for you ... keep that in mind for your proper cycles....

Continue that cycle as such

11<sup>th</sup> -18<sup>th</sup> day 4 tabs

19<sup>th</sup> day 3 tabs

20<sup>th</sup> day 2 tabs

21<sup>st</sup> 1 tab

Now this was a 3 week cycle as you spent a while finding your correct dosage.

Your next cycle would look like this

1<sup>st</sup> day 1 tab

2<sup>nd</sup> day 2 tabs

3<sup>rd</sup> day 2 tabs

4<sup>th</sup> day 3 tabs

5<sup>th</sup> day 4 tabs

6<sup>th</sup> -14<sup>th</sup> day 4 tabs

15<sup>th</sup> day 3 tabs

16<sup>th</sup> day 2 tabs

17<sup>th</sup> day 1 tab

And repeat 2 weeks on 2 weeks off...

Clen and eph puts unnecessary strain on the heart so make sure you are healthy before use and limit the amount of cycles you do of eph and clen to logical amounts....

Lastly t4 ... I don't like this compound much but here goes...

Dosages range between 50mcg and 400mcg find what works for you.. taper up taper down and use for as long as you feel comfortable. I have seen people use it up to 400mcg ... I believe you don't need more than 100mcg ... I have also seen people use it for a whole year on end... and to this day haven't heard complaints about thyroid function being impaired when you come off it ... I don't believe t3 is something necessary at all as it may impair thyroid function....

## HGH

One thing i wanted to write briefly about which is something that ultimately is the number one compound that changes bodies is hgh. When you stop growing from cycles its time to invest in good hgh. Hgh is not like other compounds in that if its low quality its for the dustbin. You wont even get slight results.... You can be paying 100s of dollars for an amp which is useless . You will feel if the hgh is real by a multitude of ways. Drowsyness maybe swollen fingers. Tingling . Numbing a calmness etc. The bottom line is if you can get pharmaceutical grade its worth every penny.

The saturation dosage is about 5iu every 8 hours. Thats like ifbb pro biggest on earth dosages.

For Most people 5iu night is a max out dosage for fantastic results. Every day . The next level from this up would be 5iu at night + 1 iu morning ... 5iu at night + 2iu morning etc... Hgh works best when you arent producing insulin.

So dont eat post injection for a few hours.

This piece of advice and dosaging alone is worth a few thousand dollars !!!!!

As we come to the end of the book. I hope I have given you an insight as to how I design the steroid cycles and the reasoning behind it ... The actual amount of combinations of what you can use is limitless and I have tried to include the best options. Obviously its difficult if you haven't seen in practise what each substance does to somebody to understand it fully. But hopefully by seeing how I combine the substances you get into my head a little and understand the theory behind how to add or subtract a substance in the cycle depending on what you want to achieve.

The last cycle is very similar to pre contest cycles also with the exception of needing to add something to cut water too / arimidex / nolvadex / proviron / Lasix ... salt depletion water depletion plus diet is obviously key to success for the cut not only the cycle. However there is a lot of information about diet for competition and most people pretty much agree. If you would like more info I have a video about it on [www.fedyanasosovich.com](http://www.fedyanasosovich.com) which pretty much outlines the above cycle with a quick guide on water depletion and carb loading.

Its virtually impossible to give you every scenario possible for a cycle as everyone is different but I hope I have managed to teach you enough to do it alone... Plus if you look into the other book where I describe the compounds you will answer some questions you may have about what compounds feel like and substituting one compound for another... as it explains what each compound feels like

You can find it on the website again [www.fedyanasosovich.com](http://www.fedyanasosovich.com)

For example... Im 50 years old and I don't want such a strong cycle... what could I run... test enan 250-500mg per week masteron 50mg 3x per week and deca 125mg per week... I want endurance what can I run... primobolan anavar and test prop plus clen... or substitute the equipoise for primo (increases red blood cell count and cheaper)

If you can start to understand my thinking behind why to use each of these compounds your on your way to designing great cycles for yourself... Plus because I focus on only these compounds it makes your life easier As you get to know how to react to each compound because you don't drown in too many useless options.... Ofcourse if you need to turanabol / anadrol can replace dbol .

Deca or equipoise can replace tren. Or eq can replace primo... for various reasons.. you cant find it, its too expensive or that compound doesn't agree with you .... But its not the ideal option.

As a closing note I would like to say that steroids are fun and can definitely give you a quality of life you never dreamed of before... A dream body you can attract women feel confident in turn be more successful and have increased energy libido etc.

On the downside abuse will destroy you, so always keep a balance in life and monitor yourself. How you react to the substances, blood tests for liver values if you feel you are going over the top. Blood pressure checks and Cholesterol levels are the most popular tests. Also keep your temper under control as steroids can make you more of an ass to people especially if your on trenbolone which can land you in a heap of trouble. Lastly don't abuse the substance by getting addicted to the feeling and shovelling gallons of steroids into your body... These words of advice aside... Ive seen and created more abs and perfect bodies than most guys can dream of and all of those guys live happy HEALTHY fulfilled lives because of proper use not abuse.

I hope you enjoyed this book and also check out

Youtube videos: <https://www.youtube.com/channel/UCx18uUf2aUg5rUidlUIaY1Q/videos>

And lastly my website which should be operational by the time you finish reading this which also has sections on how to succeed in all areas and aspects of your life such as succesful relationships and success with wealth money and abundance [www.fedyanasovich.com](http://www.fedyanasovich.com)