

Full Week Steroid Plan

Monday:

- **Anavar:**

- 50 mg per tablet
- 50 mg per day

- **Igf Ir3:**

- 50 mcg after workout
- Inject in the same muscle group trained (Avoid chest and biceps)

- **HGH:**

- 2 IU in the morning on an empty stomach
- 2 IU before sleep

Tuesday:

- **Primo:**

- 200 mg/ml
- 200 mg per dose

- **Test Propionate:**

- 100 mg/ml
- 100 mg per dose

- **Anavar:**

- 50 mg per tablet
- 50 mg per day

- **Igf Ir3:**

- 50 mcg after workout
- Inject in the same muscle group trained (Avoid chest and biceps)

- **HGH:**

- 2 IU in the morning on an empty stomach
- 2 IU before sleep

Wednesday:

- **Anavar:**

- 50 mg per tablet
- 50 mg per day

- **Igf Ir3:**

- 50 mcg after workout
- Inject in the same muscle group trained (Avoid chest and biceps)

- **HGH:**

- 2 IU in the morning on an empty stomach
- 2 IU before sleep

Thursday:

- **Tren A:**

- 100 mg/ml
- 100 mg per dose

- **Anavar:**

- 50 mg per tablet
- 50 mg per day

- **Igf Ir3:**

- 50 mcg after workout
- Inject in the same muscle group trained (Avoid chest and biceps)

- **HGH:**

- 2 IU in the morning on an empty stomach
- 2 IU before sleep

Friday:

- Anavar:

- 50 mg per tablet
- 50 mg per day

- Igf Ir3:

- 50 mcg after workout
- Inject in the same muscle group trained (Avoid chest and biceps)

- HGH:

- 2 IU in the morning on an empty stomach
- 2 IU before sleep

Saturday:

- Test Cypionate:

- 200 mg/ml
- 200 mg per dose

- Bold:

- 200 mg/ml
- 200 mg per dose

- Anavar:

- 50 mg per tablet
- 50 mg per day

- Igf Ir3:

- 50 mcg after workout
- Inject in the same muscle group trained (Avoid chest and biceps)

- HGH:

- 2 IU in the morning on an empty stomach
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Sunday:

- Anavar:

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- 50 mg per day

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