

INTERMEDIATE BULKING CYCLE

Complete Protocol Guide

PROTOCOL DETAILS

DOSING GUIDELINES	
Testosterone Enanthate (Weekly)	300 mg per week
Dianabol (Daily)	30 mg per day
Nandrolone Decanoate (Weekly)	100 mg per week

ADMINISTRATION SCHEDULE

Testosterone Enanthate: Administer 300 mg once per week on a consistent day (Monday recommended).

Nandrolone Decanoate (Deca): Administer 100 mg once per week on the same day as testosterone.

Dianabol: Take 30 mg daily with meals, preferably in the morning.

MANDATORY HEALTH MONITORING

⚠ CRITICAL REQUIREMENTS

Liver Function Tests (LFT) and Estrogen (Estradiol) monitoring are COMPULSORY during this cycle. Blood work must be reviewed by a qualified healthcare provider at baseline (pre-cycle), mid-cycle (week 6), and post-cycle (week 14). Any abnormalities require immediate medical consultation.

Blood Marker	Baseline	Mid-Cycle	Post-Cycle	Reference Range
AST (Liver)	—	—	—	10-40 U/L
ALT (Liver)	—	—	—	7-56 U/L
Estradiol (E2)	—	—	—	15-40 pg/mL
Total Testosterone	—	—	—	300-1000 ng/dL
HDL Cholesterol	—	—	—	>40 mg/dL
LDL Cholesterol	—	—	—	<100 mg/dL