

# 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