

Intermediate Lean Bulking Cycle

Cycle Protocol

Testosterone Enanthate

Dosage: 250 mg per week

Boldenone (Equipoise)

Dosage: 250 mg per week

Dianabol (Methandrostenolone)

Dosage: 20 mg daily

Anavar (Oxandrolone)

Dosage: 30 mg daily

Essential Requirements

■ Mandatory Components

Liver Support: Liv52 DS or TUDCA mandatory with oral compounds (Dianabol + Anavar)

Anti-Estrogen: Use according to your blood report results (aromatization from Test + Dbol)

PCT (Post Cycle Therapy): Compulsory after cycle completion

Pre-Cycle Blood Work: Complete blood panel required before starting

Important Reminders

Heavy doses do NOT mean heavy results

More is not always better. Proper dosing, diet, training, and recovery are key to achieving optimal results safely. This lean bulking cycle combines quality mass gains with minimal water retention.

Medical Monitoring

Regular blood work throughout the cycle is recommended to monitor:

- Liver enzymes (critical with two oral compounds)
- Lipid profile
- Hormone levels
- Estrogen levels
- Hemoglobin/Hematocrit (Boldenone increases RBC)
- Complete blood count