

Winstrol and Anadrol Intermediate Steroid Cycle

| Week | Winstrol | Anadrol | Arimidex | HCG | Clomid | Nolvadex |
|------|----------|----------|---------------------|----------------------|-----------|----------|
| 1 | 20mg/day | 50mg/day | 0.5mg every 2nd day | - | - | - |
| 2 | 20mg/day | 50mg/day | 0.5mg every 2nd day | - | - | - |
| 3 | 25mg/day | 50mg/day | 0.5mg every 2nd day | - | - | - |
| 4 | 25mg/day | 75mg/day | 0.5mg every 2nd day | - | - | - |
| 5 | 25mg/day | 75mg/day | 0.5mg every 2nd day | - | - | - |
| 6 | 25mg/day | 75mg/day | 0.5mg every 2nd day | - | - | - |
| 7 | - | - | - | 2000iu/every 2nd day | 100mg/day | 40mg/day |
| 8 | - | - | - | 2000iu/every 2nd day | 100mg/day | 40mg/day |
| 9 | - | - | - | 2000iu/every 2nd day | 100mg/day | 20mg/day |
| 10 | - | - | - | - | 100mg/day | 20mg/day |