

Bloodwork								
Component	Nov 2020	Jun 2021	Dec 2021	Mar 2022	Aug 2022	Nov 2022	Feb 2023	Jul 2023
<b>WBC</b> Normal Range: 3.8 - 10.6 K CUMM	10.8 K CUMM High	10.2 K CUMM	8.3 K CUMM	10.0 K CUMM	9.0 K CUMM	12.0 K CUMM High	13.7 K CUMM High	6.6 K CUMM
MPV Normal Range: 8.9 - 12.6 fL	10.7 fL	10.8 fL	11.0 fL	10.8 fL	11.4 fL	11.3 fL	11.2 fL	11.8 fL
<b>NEU %</b> Normal Range: 40.0 - 74.0 %	66.0 %	71.2 %	64.2 %	63.7 %	65.9 %	69.1 %	76.0 % High	58.7 %
<b>LYMPH %</b> Normal Range: 14.0 - 46.0 %	17.8 %	13.8 % Low	18.2 %	19.3 %	19.1 %	17.5 %	10.5 % Low	25.0 %
<b>MONO %</b> Normal Range: 4.0 - 13.0 %	10.8 %	9.5 %	11.4 %	13.9 % High	9.3 %	8.8 %	10.2 %	12.1 %
EOS % Normal Range: 0.0 - 7.0 %	4.1 %	3.5 %	4.7 %	1.2 %	4.1 %	3.3 %	2.3 %	2.6 %
BASO % Normal Range: 0.0 - 3.0 %	0.7 %	1.1 %	1.0 %	0.8 %	0.9 %	0.6 %	0.6 %	0.8 %
ImmGrn% Normal Range: 0.0 - 3.0 %	0.6 %	0.9 %	0.5 %	1.1 %	0.7 %	0.7 %	0.4 %	0.8 %
<b>NEU #</b> Normal Range: 1.8 - 7.8 K CUMM	7.1 K CUMM	7.2 K CUMM	5.4 K CUMM	6.4 K CUMM	5.9 K CUMM	8.3 K CUMM High	10.4 K CUMM High	3.9 K CUMM
LYMPH # Normal Range: 0.7 - 4.5 K CUMM	1.9 K CUMM	1.4 K CUMM	1.5 K CUMM	1.9 K CUMM	1.7 K CUMM	2.1 K CUMM	1.4 K CUMM	1.7 K CUMM
<b>MONO #</b> Normal Range: 0.1 - 1.0 K CUMM	1.2 K CUMM High	1.0 K CUMM	1.0 K CUMM		0.8 K CUMM	1.1 K CUMM High	1.4 K CUMM High	0.8 K CUMM
<b>RBC</b> Normal Range: 4.20 - 5.80 M CUMM	6.54 M CUMM High	6.60 M CUMM High	6.17 M CUMM High		5.30 M CUMM	5.67 M CUMM	5.77 M CUMM	6.01 M CUMM High
EOS # Normal Range: 0.0 - 0.4 K CUMM	0.4 K CUMM	0.4 K CUMM	0.4 K CUMM	0.1 K CUMM	0.4 K CUMM	0.4 K CUMM	0.3 K CUMM	0.2 K CUMM
ASO # Normal Range: 0.0 - 0.2 K CUMM	0.1 K CUMM	0.1 K CUMM	0.1 K CUMM	0.1 K CUMM	0.1 K CUMM	0.1 K CUMM	0.1 K CUMM	0.1 K CUMM
ImmGrn# Normal Range: 0.0 - 0.3 K CUMM	0.1 K CUMM	0.1 K CUMM	0.0 K CUMM	0.1 K CUMM	0.1 K CUMM	0.1 K CUMM	0.1 K CUMM	0.1 K CUMM
<b>HGB</b> Normal Range: 13.5 - 18.0 g/dL	17.5 g/dL	18.6 g/dL High	17.9 g/dL	16.0 g/dL	15.5 g/dL	16.3 g/dL	16.5 g/dL	16.4 g/dL
HCT Normal Range: 42.0 - 52.0 %	56.0 % High	58.5 % High	54.0 % High	51.9 %	46.5 %	48.6 %	51.0 %	49.5 %
MCV Normal Range: 78.0 - 100.0 fL	85.6 fL	88.6 fL	87.5 fL	91.2 fL	87.7 fL	85.7 fL	88.4 fL	82.4 fL
<b>MCH</b> Normal Range: 27.0 - 31.0 pg	26.8 pg Low	28.2 pg	29.0 pg	28.1 pg	29.2 pg	28.7 pg	28.6 pg	27.3 pg
<b>MCHC</b> Normal Range: 32.0 - 36.0 g/dL	31.3 g/dL Low	31.8 g/dL Low	33.1 g/dL	30.8 g/dL Low	33.3 g/dL	33.5 g/dL	32.4 g/dL	33.1 g/dL
<b>RDW</b> Normal Range: 11.5 - 15.5 %	18.2 % High	15.8 % High	13.2 %	13.9 %	13.0 %	13.1 %	13.1 %	16.5 % High
PLT Normal Range: 130 - 400 K CUMM	322 K CUMM	355 K CUMM	204 K CUMM	302 K CUMM	253 K CUMM	281 K CUMM	309 K CUMM	258 K CUMM

Hemoglobin A1C 5.3 Dec 2023

PSA		
Date	Value	Normal Range
Jul 2023	0.97 ng/mL	0 to 4 ng/mL0 - 4 ng/mL
Aug 2022	0.83 ng/mL	0 to 4 ng/mL0 - 4 ng/mL

Vitamin D3		
Date	Value	Normal Range
Jul 2023	30.7 ng/ml	30 to 100 ng/ml30 - 100 ng/ml
Aug 2022	31.5 ng/ml	30 to 100 ng/ml30 - 100 ng/ml
Jan 2022	27.2 ng/ml Low	30 to 100 ng/ml30 - 100 ng/ml

BMP

Component	Nov 24, 2020	Jun 15, 2021	Dec 17, 2021	Jan 21, 2022	Aug 24, 2022	Nov 11, 2022
Glucose Normal Range: 74 - 100 mg/dL	79 mg/dL	86 mg/dL	77 mg/dL	103 mg/dL	119 mg/dL High	90 mg/dL
B/C Ratio			17.0 Ratio	13.0 Ratio	10.0 Ratio	8.3 Ratio Low
GFR Normal Range: >60 mL/ min per 1.73	72 mL/min per 1.73	72 mL/min per 1.73	80 mL/min per 1.73	80 mL/min per 1.73	71 mL/min per 1.73	65 mL/min per 1.73
Calcium Normal Range: 8.3 - 10.6 mg/dL	9.5 mg/dL	9.5 mg/dL	9.2 mg/dL	9.7 mg/dL	9.3 mg/dL	9.3 mg/dL
Sodium Normal Range: 135 - 145 mmol/L	139 mmol/L	141 mmol/L	140 mmol/L	141 mmol/L	141 mmol/L	139 mmol/L
Potassium Normal Range: 3.5 - 5.1 mmol/L	4.6 mmol/L	4.3 mmol/L	4.2 mmol/L	3.9 mmol/L	4.2 mmol/L	4.0 mmol/L
Chloride Normal Range: 98 - 107 mmol/L	100 mmol/L	102 mmol/L	103 mmol/L	106 mmol/L	109 mmol/L High	103 mmol/L
CO2 Normal Range: 20 - 31 mmol/L	27.0 mmol/L	26.0 mmol/L	26 mmol/L	31 mmol/L	25 mmol/L	26 mmol/L
BUN Normal Range: 8 - 24 mg/dL	11 mg/dL	9 mg/dL	17 mg/dL	13 mg/dL	11 mg/dL	10 mmol/l
Creatinine Normal Range: 0.3 - 1.4 mg/dL	1.1 mg/dL	1.1 mg/dL	1.0 mg/dL	1.0 mg/dL	1.1 mg/dL	1.2mg/dL

Lipid Profile

Component	Nov 24, 2020	Jan 10, 2022
Cholesterol Normal Range: <200 mg/dL	135 mg/dL	133 mg/dL
Triglyceride Normal Range: <150 mg/dL	126 mg/dL	116 mg/dL
HDL Normal Range: >40 mg/dL	20 mg/dL Low	33 mg/dL Low
VLDL-Calc Normal Range: <30 mg/dl	25 mg/dl	23 mg/dl
LDL-Calc Normal Range: <130 mg/dL	90 mg/dL	77 mg/dL
Chol/HDL Ratio Normal Range: <4.0	6.8 High	4.0 High
Non-HDL Chol Normal Range: LDL Goal + 30	115	100

Testosterone

	Testosterone, Total Range (250 - 1,100 ng/dL)	Testosterone Free Range (35 - 155 pg/mL)
Dec 2023	742 ng/dL	186.3 pg/mL HIGH
Jul 21, 2023	681 ng/dL	142.4 pg/mL
Jul 12, 2023	85 ng/dL LOW	18.9 pg/mL LOW
Feb 2023	394 ng/dL	93.5 pg/mL
Jan 2023	144 ng/dL LOW	36.6 pg/mL
Aug 2022	207 ng/dl LOW	43.2 pg/mL
March 2022	1671 ng/dl HIGH	686.1 pg/mL
Dec 2021	136 ng/dl LOW	

# Seven-Meal Diet Plan

Meal #1

- 10 oz fish (Tuna, cod, salmon)
- 2 whole eggs
- 2 cups of oatmeal

Meal #2

- 8 oz fish
- 12 oz sweet potato
- 1 cup veggies

Meal #3

- 8 oz chicken
- 2 cups white rice
- 1 cup veggies

Meal #4

- 8 oz fish
- 2 cups rice
- 1 cup veggies
- omega-3 Fish oil

Meal #5

- 8 oz steak
- 12 oz baked potato
- spinach salad

Meal #6

- 10 oz fish
- 2 cups rice
- salad

Meal #7

- 100 grams casein protein
- 10 egg-white omelet
- 1 cup veggies (onions, peppers, mushrooms)
- omega-3 fish oil



Proposed lifting schedule

		Sets	Reps	weight
Day 1: Legs	Run on Treadmill or rowing	30-50 minutes		
	Eat Breakfast			
	Barbell Walking Lunge	4	25	
	Leg Press	4	25	
	Leg Extensions	3	20	
	Barbell Squat	4	12	
	Hack Squat	4	12	
	Single Leg Hack Squat	4	12	
	Romanian Deadlift	4	10	
	Seated Leg Curl	3	20	
	Thigh Abductor	4	12	
Day 2: Back	Run on Treadmill or rowing	30-50 minutes		
	Eat Breakfast			
	Wide-Grip Lat Pulldown	4	12	
	Bent Over Barbell Row	4	12	
	One-Arm Dumbbell Row	4	12	
	Barbell Deadlift	3	10	
	Pull-ups – 3 sets	3	failure	
	Dumbbell Shrug	4	12	
	Inverted Row	3	failure	
	Hyperextensions (Back)	4	12	
Day 3: Shoulders	Run on Treadmill or rowing	30-50 minutes		
	Eat Breakfast			
	Dumbbell Shoulder Press	4	12	
	Standing Military Press	4	12	
	Front Dumbbell Raise	4	12	
	Side Lateral Raise	4	12	
	Reverse Machine Flyes	4	15	
	Seated Bent-Over Rear Delt Raise	4	12	
Day 4: Arms/Abs	Run on Treadmill or rowing	30-50 minutes		
	Eat Breakfast			
	Dumbbell Bicep Curl	4	15	
	Hammer Curl	4	15	
	Spider Curl	4	Failure	
	Overhead Triceps	3	15	
	Triceps Pushdown	4	15	
	Hanging Leg Raise	4	20	
	Rope Crunch	4	20	
	Russian Twist	4	20	
Day 5: Chest	Run on Treadmill or rowing	30-50 minutes		
	Eat Breakfast			
	Barbell Bench Press	4	12	
	Incline Dumbbell Press	4	12	
	Dumbbell Bench Press	4	12	
	Flat Bench Cable Flies	4	failure	
	Incline Hammer Curls	4	12	
	Dips – Chest Version	4	failure	

Touchdown NapsGear



# My Supreme Bulking Cycle

Week	Test CYP	Deca	Equipoise	Tren Enanthate	Mast	Dianabol	Anadrol	Winny	Arimidex
1 01.23.2024	750 mg/week	500mg/wk	500mg/wk			100mg/ed			0.5mg/eod
2 01.30.2024	750 mg/week	500mg/wk	500mg/wk			100mg/ed			0.5mg/eod
3	750 mg/week	500mg/wk	500mg/wk			100mg/ed			0.5mg/eod
4	750 mg/week	500mg/wk	500mg/wk			100mg/ed			0.5mg/eod
5	750 mg/week	500mg/wk	500mg/wk						0.5mg/eod
6	750 mg/week	500mg/wk	500mg/wk						0.5mg/eod
7	750 mg/week	500mg/wk	500mg/wk						0.5mg/eod
8	750 mg/week	500mg/wk	500mg/wk						0.5mg/eod
9	750 mg/week	500mg/wk	500mg/wk				100mg/ed		0.5mg/eod
10	750 mg/week	500mg/wk	500mg/wk				100mg/ed		0.5mg/eod
11	750 mg/week		500mg/wk	600 mg/week	600 mg/week		100mg/ed		0.5mg/eod
12	750 mg/week		500mg/wk	600 mg/week	600 mg/week		100mg/ed		0.5mg/eod
13	750 mg/week		500mg/wk	600 mg/week	600 mg/week				0.5mg/eod
14	750 mg/week		500mg/wk	600 mg/week	600 mg/week				0.5mg/eod
15	750 mg/week		500mg/wk	600 mg/week	600 mg/week				0.5mg/eod
16	750 mg/week		500mg/wk	600 mg/week	600 mg/week				0.5mg/eod
17	750 mg/week		500mg/wk	600 mg/week	600 mg/week			100mg/ed	0.5mg/eod
18	750 mg/week		500mg/wk	600 mg/week	600 mg/week			100mg/ed	0.5mg/eod
19	750 mg/week		500mg/wk	600 mg/week	600 mg/week			100mg/ed	0.5mg/eod
20	750 mg/week		500mg/wk	600 mg/week	600 mg/week			100mg/ed	0.5mg/eod

PCT			
Week	hCG	Nolvadex	Clomid
21	2,000iu/ed		
22	2,000iu/ed (1 <sup>st</sup> 3 Days)	40mg/ed	150mg/ed
23		40mg/ed	150mg/ed
24		40mg/ed	150mg/ed
25		20mg/ed	100mg/ed
26		20mg/ed	50mg/ed