

Lean Bulk — Week 2 (22–28 Sep 2025)

Cycle — Week 2

- Testosterone Enanthate: 350 mg/wk (↑ from 150–210 mg/wk ED on 23 Sep)
- Masteron Propionate: 315 mg/wk (0.30 ml ED @150)
- Primobolan Enanthate: 500 mg/wk (600 mg front-load done)
- Growth Hormone: 4 IU/day AM fasted
- Retatrutide: 2 mg/wk

Support Supplements: JP (multi, EPA/DHA, Heart, Kidney/BP, Curcumin, Ashwagandha, Mag Bisglycinate, Vital Support NAC/TUDCA); Strom (LipidMax, ThrombaMax); Other (Creatine 5g, Collagen+HA, Electrolytes, Telmisartan 40 mg, Cialis 20 mg)

Nutrition / Training / Health Data

Date	Calories In	Calories Out	Net	Weight	Activity
Mon 22 Sep	4,251	3,422	+829	13 st 11 lb	Rest – 15k steps
Tue 23 Sep	4,712	3,619	+1,093	13 st 12 lb	Upper C – 12k steps
Wed 24 Sep	5,350	4,832	+518	13 st 13 lb	Rest – 23k steps
Thu 25 Sep	5,339	4,031	+1,308	13 st 13 lb	Rest – 25k steps
Fri 26 Sep	3,366	3,634	-268	13 st 12 lb	Upper A – 15k steps
Sat 27 Sep	3,264	3,132	+132	13 st 10.4 lb	Rest – 3k steps
Sun 28 Sep	4,133	3,647	+486	14 st 2 lb	Hybrid (Legs+Arms) + 11k steps

Weekly Totals & Projection (22–28 Sep)

Calories In = 30,415 | Calories Out = 25,307 | Net = +5,108
Avg Surplus = +730 kcal/day | Projection = +0.5–1 lb muscle, ~0.5–1 lb fat (remainder glyc/water)

Anthropometrics (27 Sep)

Neck 44.7 | Chest 102.2 | Waist 84.2 | Abs 91.2 |
Hips 93.3
Bi L/R 38.1 / 36.8 | Thigh L/R 61.7 / 55.9 | Calf L/R
40.6 / 41.2 (cm)

Training Highlights

23 Sep — Prime SP 60/sidex6, SR 89x10
25 Sep — Incline Press 60/sidex8 (+3a), Low Row PB 80/sidex10
(+2)
28 Sep — Hybrid Legs+Arms completed
Others = Rest (steps logged)

Weekly Notes (objective & subjective)

Mood/libido stable ↑ vs Wk1; GH ↑ improved drive but holding water in midsection (not leaner look). Training volume reduced from workload; calories higher than planned but plan set to bring load back. Sleep slightly disturbed midweek (GH?). Satiety: GLP-1 still blunts appetite but intake steady.