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dimanche 10 mars 2013

Ronnie Coleman steroids cycle

Ronnie Coleman dosage? What? Ronnie Coleman is on steroids?!? Oh hell yeah! He is gassed to the max!!! A walking chemical laboratory!!!

Is Ronnie Coleman on juice?



Don't give a damn fuck about [his 10-15 reps set](#), [his supplements](#) and [his diet](#). Give us the real deal! We want the truth! Tell us about the steroids cycle of Ronnie Coleman.

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You won't find Ronnie Coleman's secret in DVDs and books!!

Ronnie Coleman's Real STEROIDS Cycle

1 CC = 1 ml so if you have something like Test250...it's testosterone 250mg per every ml or cc

What Ronnie Coleman had been taking throughout his bodybuilding career.

- 1500 mg test/week
- 400 mg deca/week
- 6 iu gh/day
- 20 IU insulin/post workout

The claim states that he is on this ALL year, no time off.

Precontest:

- 50 mg winstrol/day
- 20 mg halotestin/day
- 75 mcg T3/day

I'm assuming this is in addition to the above protocol.

1 CC = 1 ml so if you have something like Test250...it's testosterone 250mg per every ml or cc

Other typical steroid and dosages of the IFBB pro bodybuilders

Week	Testosterone	Deca Durabolin	Dianabol
1	700mgs	500mgs	60mgs
2	700mgs	500mgs	60mgs
3	700mgs	500mgs	60mgs
4	700mgs	500mgs	60mgs
5	700mgs	500mgs	60mgs
6	700mgs	500mgs	60mgs
7	700mgs	500mgs	60mgs
8	700mgs	500mgs	60mgs

Week	Testosterone Propionate or Suspension	Trenbolone Acetate Daily	Winstrol Daily	Masteron Daily	Growth Hormone
1	1,000mgs				6iu
2	1,000mgs				6iu
3	1,000mgs				6iu
4	1,000mgs	100mgs		100mgs	6iu
5	1,000mgs	100mgs		100mgs	6iu
6	1,000mgs	100mgs	75mgs	100mgs	6iu
7	1,000mgs	100mgs	75mgs	100mgs	6iu
8	1,000mgs	100mgs	75mgs	100mgs	6iu
9	1,000mgs	100mgs	75mgs	100mgs	6iu
10	1,000mgs	100mgs	75mgs	100mgs	6iu
11	1,000mgs	100mgs	75mgs	100mgs	6iu
12	1,000mgs	100mgs	75mgs	100mgs	6iu

IFBB pro bodybuilders pre-contest steroid cycle and dosages.
(The chart above and the chart below).

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Week	Testosterone	Equipoise	Anadrol	Growth Hormone	Insulin
1	2,400mgs	900mgs	100mgs	8-10iu	10iu
2	2,400mgs	900mgs	100mgs	8-10iu	10iu
3	1,600mgs	900mgs	100mgs	8-10iu	10iu
4	1,600mgs	900mgs	100mgs	8-10iu	10iu
5	1,600mgs	900mgs	100mgs	8-10iu	10iu
6	1,600mgs	900mgs	100mgs	8-10iu	10iu
7	1,600mgs	900mgs	100mgs	8-10iu	10iu
8	1,600mgs	900mgs	100mgs	8-10iu	10iu
9	1,600mgs	900mgs	100mgs	8-10iu	10iu
10	1,600mgs	900mgs	100mgs	8-10iu	10iu
11	1,600mgs	900mgs	100mgs	8-10iu	10iu

1 CC = 1 ml so if you have something like Test250...it's testosterone 250mg per every ml or cc.



Ronnie Coleman **Shut Up And Squat** t-shirt



SHUT UP AND SQUAT t-shirt as worn by 8-time Mr. Olympia Ronnie Coleman.



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The Biggest Arms In The World
 The Biggest Arms In The World Written by PYGOD on August 23, 2007 After my article RAW BENCH, I decide to follow with another hugely ...

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- ▶ 2018 (49)
- ▶ 2017 (216)
- ▶ 2016 (282)
- ▶ 2015 (337)
- ▶ 2014 (692)
- ▼ 2013 (454)
 - ▶ décembre (72)
 - ▶ novembre (69)
 - ▶ octobre (15)
 - ▶ septembre (15)
 - ▶ août (17)
 - ▶ juillet (41)
 - ▶ juin (58)
 - ▶ mai (35)
 - ▶ avril (44)
 - ▼ mars (36)
 - Dennis Rodman wrestling
 - Triple H physique changes
 - Randy Orton physique changes
 - Muhammad Ali imagination
 - Chris Jericho physique changes... for the worse
 - Glenn Ross before and after
 - Dave Batista workout
 - transgender MMA fighter Fallon Fox
 - Sean Connery / James Bond bodybuilding
 - John Cena bodybuilder photos
 - Bully Ray reveals The Hoax and the Rise of The Ace...
 - Muhammad Ali obstacles
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Publié par PYGOD à 14:51

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1 commentaire:

Anonyme 19 mai 2014 à 17:14

So Ronnie isn't natural? I would never have though he uses steroids, I'm shocked and appalled hahaha

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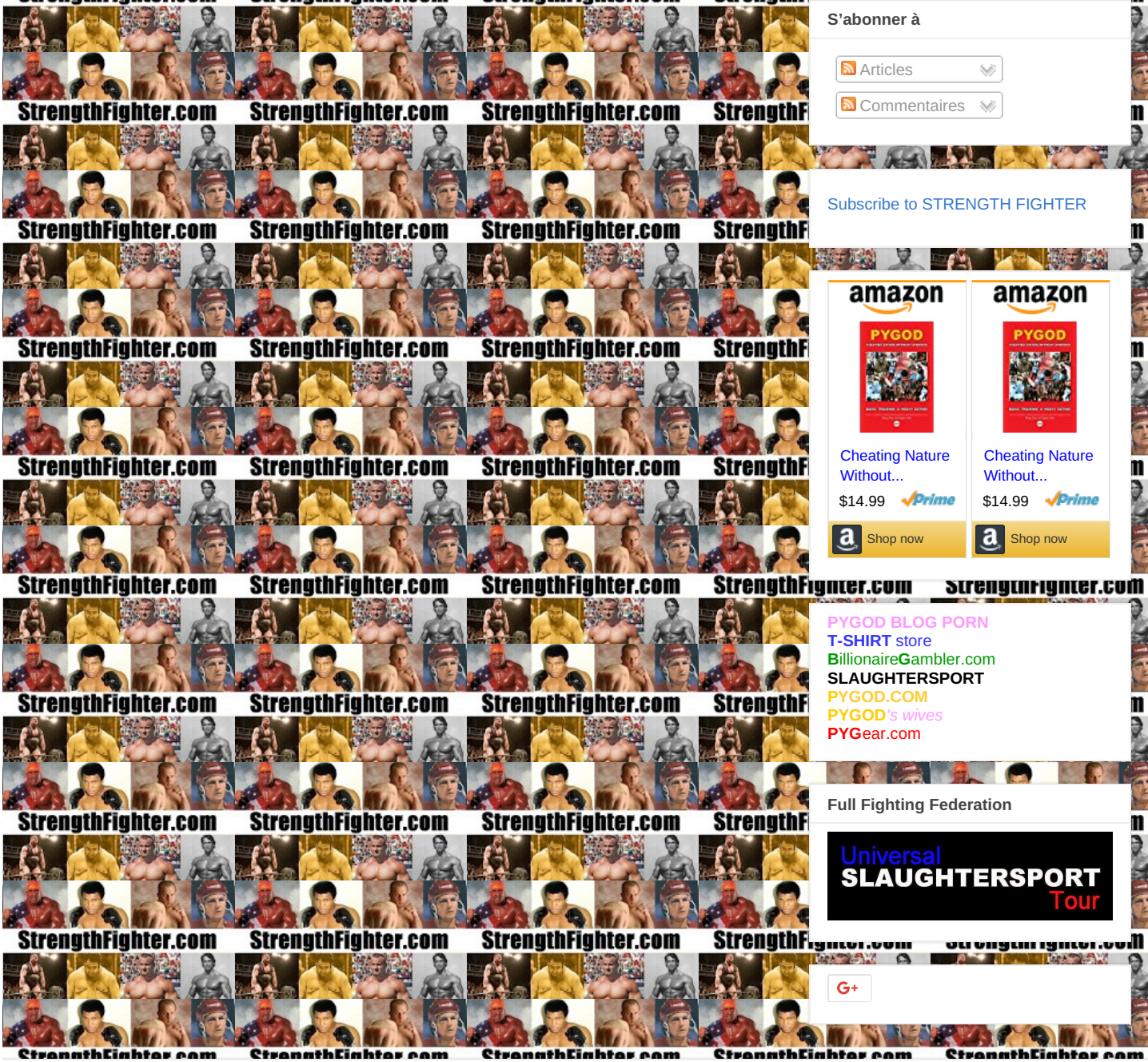
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