

# Clenbuterol-Supported Training Plan

***Important Note:** This training plan is intended as a general guide. Please consult a doctor or a certified fitness trainer before starting any new training program, especially if you are using supplements like Clenbuterol.*

## **Phase 1: Strength Training (4 Days Per Week)**

**Goal:** Preserve muscle mass while reducing fat.

### **Monday: Upper Body**

- Barbell Bench Press - 4 sets of 8-10 reps
- Dumbbell Shoulder Press - 4 sets of 10 reps
- Pull-Ups - 4 sets of 8-12 reps
- Dumbbell Rows - 4 sets of 10 reps
- Tricep Dips - 3 sets of 12 reps

### **Tuesday: Lower Body**

- Barbell Squats - 4 sets of 8-10 reps
- Deadlifts - 4 sets of 6-8 reps
- Leg Press - 4 sets of 10 reps
- Calf Raises - 4 sets of 12-15 reps
- Hamstring Curls - 3 sets of 10 reps

### **Thursday: Upper Body**

- Incline Bench Press - 4 sets of 8-10 reps
- Lateral Raises - 4 sets of 10-12 reps
- Barbell Rows - 4 sets of 8-10 reps
- Bicep Curls - 4 sets of 12 reps
- Tricep Kickbacks - 3 sets of 12-15 reps

### **Friday: Lower Body**

- Front Squats - 4 sets of 8-10 reps
- Lunges (with dumbbells) - 4 sets of 10 reps per leg
- Leg Press - 4 sets of 8-12 reps
- Calf Raises (on machine) - 4 sets of 12-15 reps
- Leg Extensions - 3 sets of 10 reps

## **Phase 2: Cardio Training (3 Days Per Week)**

**Goal:** Maximize fat burning.

### **Wednesday: HIIT Training**

- 5 minutes warm-up (light jogging)
- 30 seconds sprinting
- 1 minute walking or light jogging
- Repeat 8-10 times
- 5 minutes cool down (slow walking)

### **Saturday: Endurance Run**

- 5 minutes warm-up (light jogging)
- 30-45 minutes jogging at moderate pace
- 5 minutes cool down (slow walking)

### **Sunday: Low-Intensity Cardio**

- 30-45 minutes on the bike or elliptical at low intensity
- Targets fat burning without muscle loss

### **Nutrition Tips for Maximum Results**

- **High Protein Intake:** At least 1.5-2 g of protein per kg of body weight.
- **Healthy Fats:** Incorporate healthy fats like avocados, nuts, and fish oils.
- **Complex Carbohydrates:** Focus on oatmeal, whole grains, and brown rice.
- **Hydration:** Drink at least 3 liters of water daily.

### **Clenbuterol Dosage Suggestion:**

- **Week 1-2:** 20-40 mcg daily, gradually increasing to 80-100 mcg.
- **Week 3-4:** Take a break from Clenbuterol.
- **Week 5-6:** Resume dosage at 80-100 mcg per day.
- **Note:** This is only a suggestion. Adjust the dosage according to your individual tolerance and training progress. Always consult with a doctor.

### **Products to Support Your Training Plan:**

- [Clenbuterol Tablets](#)
- [T3 Cytomel to support metabolism](#)
- [Ketotifen to optimize fat loss](#)

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