

The compound I was thinking about was HMB. When I lose a lot of fat I am planning on blasting 500 mg a week of testosterone cypionate along with HMB, 6g of HMB per day, 30 grams of creatine per day, and I will take Phosphatidic acid, ecdysterone, Epicatechin, Ashwagandha extract, taurine, ginger, spilanthus acmella, citicoline, clenbuterol, human chironic gonadotropin and I'm going to hit the gym 1.5 hours a day doing circuit training supersets for 9 sets, 8 repetitions each along with 15 minutes of high intensity interval training every day. My goal is to gain as much strength, cardio vascular endurance, muscular endurance and to fill my loose skin with muscle.

My diet is going to be clean as fuck with a massive calorie surplus every day of around 9000 calories of surplus of carbohydrates with a lot of micronutrients and bioactive small molecule compounds, a ton of protein and minimal saturated fats. My fats will come from mono and unsaturated fats like olive oil, nuts etcetera.

I estimate that in 24 weeks (a six month cycle) I will have gained 50-60 pounds of muscle and maybe 20 pounds of fat which isn't a bad tradeoff.