

Forum:[Hack Forums](#)

Thread: [Steroid Cycle Log - Updated 07/06/2015](#)

Shot Caller - May 15, 2015, 4:41 am

So seen as the HackForums Health Wise section is becoming more and more popular with steroids, I decided that I'll share my steroid log, no this is not my first experience with steroids. Please note, that steroids in my country (United Kingdom) are completely legal for personal use so nothing I am doing is illegal. The Test 400 I use is a mix of Test Enanthate 200mg and Test Decanoate 200mg per ml. Today I have started my next cycle, which is the following:

Test 400 800mg - Week 1
Test 400 600mg - Week 2 - 13
Anavar 100mg - Week 5-13
Arimidex 1mg E3D - Week 1-13
Clomid 100mg - Week 15
Clomid 50mg - Week 16-19
Nolvadex 20mg Week 15-19

Current Stats (taken today)

Age: 18
Weight: 190-195lbs
Height: 6'1
Bodyfat: 14%
Bench: 290 lbs (max ever is 310)
Squat: 310 lbs
Deadlift: 330 lbs

I will be updating this every day until the end of my cycle, with my exact calorie and protein intake (I don't record fat/carb intake really), it will be a dirty/clean bulk, half and half. Depending on how many posts I get on this will decide if I put a before and after pic of this cycle at the end. Also I don't use HCG as I have never used it in any cycle (this is my second) and never had issues so I will continue to not use it for now.

inb4opneverseensteroids
Spoiler [\(Click to View\)](#)

Scymo - May 15, 2015, 7:18 am

You should keep us updated with progress pics

Shot Caller - May 15, 2015, 7:54 am

(May 15, 2015 07:18 AM)Auction Wrote: [\[CITE\]](#) You should keep us updated with progress picsI am keeping progress pictures myself as I always have with my cycles etc, but I'm not sure if I will be sharing them yet.

Z?zz - May 15, 2015, 11:13 am

Cambridge Research, you might want to throw that in the bin.

Durham - May 15, 2015, 1:55 pm

(May 15, 2015 07:54 AM)OG????? Wrote: [\[CITE\]](#) I am keeping progress pictures myself as I always

have with my cycles etc, but I'm not sure if I will be sharing them yet.
Thats sad, wanna see some progress pictures :P

Z?zz - May 15, 2015, 2:28 pm

(May 15, 2015 01:55 PM)Durham Wrote: [\[CITE\]](#) Thats sad, wanna see some progress pictures :P
He'd be asking this to turn into a hate thread if he posted them. No doubt he looks decent but most people would have completely unrealistic expectations of what he should look like.

Durham - May 15, 2015, 2:49 pm

(May 15, 2015 02:28 PM)Z?zz Wrote: [\[CITE\]](#) He'd be asking this to turn into a hate thread if he posted them. No doubt he looks decent but most people would have completely unrealistic expectations of what he should look like.
Its a button called "report" you can use that against harassment etc. ?

Harvard - May 15, 2015, 4:09 pm

If you're not going to post any progress pics (Which is a reasonable decision), can you update us on whats going on and how you're progressing?

Super Saiyan God - May 16, 2015, 1:00 pm

Post a pic of yourself or close this thread and don't bother

AcidSuit - May 17, 2015, 1:56 am

Would you be able to keep us up to date with weight change your macros and the likes if you won't post pictures?

Shot Caller - May 17, 2015, 3:06 am

(May 17, 2015 01:56 AM)CryptoCoder Wrote: [\[CITE\]](#) Would you be able to keep us up to date with weight change your macros and the likes if you won't post pictures?Yes that is what I will be doing, will update later today with last 3 days as been out all weekend and on phone ATM.

(May 15, 2015 11:13 AM)Z?zz Wrote: [\[CITE\]](#) Cambridge Research, you might want to throw that in the bin.CR was the only anavar I could get atm, have been waiting over 2 months for my supplier to restock ISIS var but they haven't had it, I've had good results with CR Winstrol before also so never had any real issues with CR products myself, and the CR Test Cyp I used before was g2g as well.

UNDERWIRE - May 17, 2015, 3:28 am

(May 17, 2015 01:56 AM)CryptoCoder Wrote: [\[CITE\]](#) Would you be able to keep us up to date with weight change your macros and the likes if you won't post pictures?It takes about 4-5 weeks for his injectables to reach peak concentration and fully kick in. Up until then we won't see much of a difference. Then he'll gain a few lb of mostly intracellular(water help in the muscle, makes you look bigger and harder) water retention with the extra glycogen storage like with pretty much any steroid (even the dry ones), but test especially. The var's going to drain a nice bit of subcutaneous(just under the skin) water retention, so he doesn't look too poofy and maintains some extra vascularity. Most people assume you just lose gains when coming off with PCT, but that's mostly from the loss of glycogen and it's ability to draw water into the muscle. With a high dose of wet compounds, find yourself losing 10+lb when coming off, meanwhile with a dry one, you'll probably end up gaining more sub-q water weight, than the intracellular water you lost when coming off.

There's pretty much no reason for him to post regular pictures, or weights for a while. He'll probably post a pic his last week at peak cycle with possibly one after a PCT to see how well he did. The longer he stays on, the better the results, so his last. He should really up the dose a bit and length by another week or 2 to get the most out of it though.

Shot Caller - May 22, 2015, 6:03 am

Calorie Intake (target 3300-3500 ED) (Calories/Protein)

Day 1: 3483/217g

Day 2: 3392/205g

Day 3: 3255/203g

Day 4: 3674/258g

Day 5: 3323/214g

Day 6: 3184/193g

Day 7: 3449/239g

Weight: 198lbs (7 lbs gain)

Jabbed 400mg on Day 1, 400mg on Day 2, 600mg on Day 7 (today). Will be upping my calorie intake to 4000+ ED and protein to 250g+ ED when I get to Week 5. Will also be updating with strength gains from Week 5 also (won't see any strength gains till around Week 5-6). Will update with weight later today (will be updating it weekly).

Current Side Effects:

- Stronger orgasms in sex

Vascular - May 22, 2015, 6:15 am

(May 22, 2015 06:03 AM)OG????? Wrote: [\[CITE\]](#) Current Side Effects:

- Stronger orgasms in sex

That would be fucking shit ?

Shot Caller - May 22, 2015, 6:21 am

(May 22, 2015 06:15 AM)Vascular Wrote: [\[CITE\]](#) That would be fucking shit ?Nah it's great, I got them on my last cycle but they have never ever been this good, on Day 2 I had the best orgasm I've had in my life, it felt like I was on drugs for about a minute lmao.

Vascular - May 22, 2015, 6:28 am

(May 22, 2015 06:21 AM)OG????? Wrote: [\[CITE\]](#) Nah it's great, I got them on my last cycle but they have never ever been this good, on Day 2 I had the best orgasm I've had in my life, it felt like I was on drugs for about a minute lmao.

I was actually being sarcastic lol. Possibly the best side effect you could of gotten.

BlaineusTV - May 22, 2015, 8:17 am

You should start anavar from Day 1 as a booster until your slow estered Test kicks in..

Hopsin - May 22, 2015, 8:18 am

(May 15, 2015 07:54 AM)OG????? Wrote: [\[CITE\]](#) I am keeping progress pictures myself as I always have with my cycles etc, but I'm not sure if I will be sharing them yet.

Sharing it on the internet is not something you would want. Unless you censor your face?

King??? - May 22, 2015, 8:20 am

(May 22, 2015 06:21 AM)OG????? Wrote: [\[CITE\]](#) Nah it's great, I got them on my last cycle but they have never ever been this good, on Day 2 I had the best orgasm I've had in my life, it felt like I was on drugs for about a minute lmao.

I got this shit too!!

Whole body tingling - best.day.ever

Shot Caller - May 22, 2015, 10:44 am

(May 22, 2015 08:18 AM)Hopsin Wrote: [\[CITE\]](#) Sharing it on the internet is not something you would want. Unless you censor your face?Yeah which is why I'm still thinking about it and I'll be censoring

probably my complete background and face if I do, and taking out any spots or noticeable things on my body also.

I'm not on a certain diet throughout this cycle, I'm not good with diets for too long tbh, I've been on countless diets and longest I've done is about 6-7 weeks, nowadays I just watch my calorie and protein intake and make sure I hit my target on both and I can do that year round.

Matt Honest - June 1, 2015, 12:16 pm

(May 22, 2015 10:44 AM)OG????? Wrote: [\[CITE\]](#) Yeah which is why I'm still thinking about it and I'll be censoring probably my complete background and face if I do, and taking out any spots or noticeable things on my body also.

I'm not on a certain diet throughout this cycle, I'm not good with diets for too long tbh, I've been on countless diets and longest I've done is about 6-7 weeks, nowadays I just watch my calorie and protein intake and make sure I hit my target on both and I can do that year round.

Keep us updated on the progress, all the best with your cycles.

Shot Caller - June 1, 2015, 12:25 pm

Calorie Intake (target 3300-3500 ED) (Calories/Protein)

Day 8: 3084/181g

Day 9: 3126/184g

Day 10: 3335/211g

Day 11: 3572/238g

Day 12: 3287/196g

Day 13: 3490/237g

Day 14: 3184/188g

Day 15: 2925/164g

Day 16: 3176/196g

Day 17: 3298/192g (today)

Weight: 201lbs (10 lbs gain)

Jabbed 600mg on Day 14.

Current Side Effects:

- Stronger orgasms in sex
- Night sweats
- Back acne
- Increase in itching
- Slight anger increases

ZYZZ BRAHHH - June 2, 2015, 3:06 pm

These type of threads motivate me to take roids.

Shot Caller - June 7, 2015, 10:17 am

Calorie Intake (target 3300-3500 ED) (Calories/Protein)

Day 18: 3584/228g

Day 19: 3422/223g

Day 20: 3376/198g

Day 21: 3389/204g

Day 22: 3232/193g

Day 23: 3102/189g (today)

Weight: 203lbs (12 lbs gain)

Jabbed 600mg on Day 21 (was a bad pin for some reason)

Current Side Effects:

- Stronger orgasms in sex
- Night sweats
- Back acne
- Increase in itching
- Slight anger increase
- Balls started to shrink

LeTreehugger - June 7, 2015, 10:29 am

(Jun 7, 2015 10:17 AM)OG????? Wrote: [\[CITE\]](#) Calorie Intake (target 3300-3500 ED)
(Calories/Protein)

Day 18: 3584/228g

Day 19: 3422/223g

Day 20: 3376/198g

Day 21: 3389/204g

Day 22: 3232/193g

Day 23: 3102/189g (today)

Weight: 203lbs (12 lbs gain)

Jabbed 600mg on Day 21 (was a bad pin for some reason)

Current Side Effects:

- Stronger orgasms in sex
- Night sweats
- Back acne
- Increase in itching
- Slight anger increase
- Balls started to shrink

Might jump on a cycle for the stronger orgasms, feels bad to be circumcised.

Tell me OP how much better are them orgasms?

Shot Caller - June 7, 2015, 10:32 am

(Jun 7, 2015 10:29 AM)LeTreehugger Wrote: [\[CITE\]](#) Might jump on a cycle for the stronger orgasms, feels bad to be circumcised.

Tell me OP how much better are them orgasms? Sometimes like 2-3 times as good as usual, but I think there are other drugs out there you could take for stronger orgasms etc.

HackFox - June 7, 2015, 10:45 am

Enjoy your tiny balls OP ?

Shot Caller - June 7, 2015, 11:23 am

(Jun 7, 2015 10:45 AM)HackFox Wrote: [\[CITE\]](#) Enjoy your tiny balls OP ? They go back to normal once I finish my cycle, plus I haven't really oversized balls anyway so they don't look small at all even when they get to their smallest point.

VodkaNik - July 20, 2015, 10:06 pm

Oral cycles suck, post update pics also your deadlift is lagging hardcore lol.

Shot Caller - July 20, 2015, 10:28 pm

My current stats are:

Bench: 315

Squat: 320

Deadlift: 350

FREEBANDZZZZ - July 21, 2015, 12:05 pm

(Jul 20, 2015 10:28 PM)OG????? Wrote: [\[CITE\]](#) My current stats are:

Bench: 315

Squat: 320

Deadlift: 350

good progress but that's odd in my opinion your squat and deadlift are almost the same as your bench

Durham - July 21, 2015, 12:43 pm

can you update the thread with some progress pictures?

Yous - July 21, 2015, 1:53 pm

(Jul 21, 2015 12:43 PM)Durham Wrote: [\[CITE\]](#) can you update the thread with some progress pictures?

I'm on multiple forums and ever time people ask the roid users for pictures they never post them.

Steroids is a complex science, it may sound silly but it's pretty easy to fuck up, also the roids don't stop poor dieting most roid users use the roids because they're lazy and don't think they can achieve a good physique naturally. Combine that negativity and lack of discipline and it's often times steroid users end up just being fat and able to lift heavy, heck not even all of them lift heavy. (OG I am not directly point this at you I am saying most roid users if not all that ever participate on forums tend to have these habits)

The ones you see on TV and YouTube are famous for a reason because they put in the work. You still have to work hard with steroids.

* No I've never used steroids but I am studying pharmaceuticals and biochemistry and spent a good amount of time researching the topic over the past year.

Shot Caller - July 21, 2015, 3:49 pm

(Jul 21, 2015 12:05 PM)Luckify Wrote: [\[CITE\]](#) good progress but that's odd in my opinion your squat and deadlift are almost the same as your benchIt is because I prioritized my bench over any other exercise, and didn't squat or deadlift until a few months before this cycle, but as you can see it's going up, so I'm hoping to be at these stats by the end of this year anyhow.

Bench: 350

Squat: 400

Deadlift: 400

Super Saiyan God - July 22, 2015, 9:07 am

(Jul 21, 2015 01:53 PM)Yous Wrote: [\[CITE\]](#) I'm on multiple forums and ever time people ask the roid users for pictures they never post them.

Steroids is a complex science, it may sound silly but it's pretty easy to fuck up, also the roids don't stop poor dieting most roid users use the roids because they're lazy and don't think they can achieve a good physique naturally. Combine that negativity and lack of discipline and it's often times steroid users end up just being fat and able to lift heavy, heck not even all of them lift heavy. (OG I am not

directly point this at you I am saying most roid users if not all that ever participate on forums tend to have these habits)

The ones you see on TV and YouTube are famous for a reason because they put in the work. You still have to work hard with steroids.

* No I've never used steroids but I am studying pharmaceuticals and biochemistry and spent a good amount of time researching the topic over the past year.

You don't need to work hard on steroids . I quit lifting for 3 months, but kept injecting 200mg of test a week . Lost fat and maintained my mass without lifting .

You need to have your diet in check . That's key not hard work

Loser Douche Bag #35 - July 22, 2015, 12:49 pm

"Age: 18

Weight: 190-195lbs

Height: 6'1

Bodyfat: 14%

Bench: 290 lbs (max ever is 310)

Squat: 310 lbs

Deadlift: 330 lbs"

that awkward moment when I was a natural at 18, and was still stronger than you by a LONG SHOT NATURAL too. All the drugs yo're taking yet 14% bf at 195? lol.

Shot Caller - July 22, 2015, 2:46 pm

(Jul 22, 2015 12:49 PM)Putrid Wrote: [\[CITE\]](#) "Age: 18

Weight: 190-195lbs

Height: 6'1

Bodyfat: 14%

Bench: 290 lbs (max ever is 310)

Squat: 310 lbs

Deadlift: 330 lbs"

that awkward moment when I was a natural at 18, and was still stronger than you by a LONG SHOT NATURAL too. All the drugs yo're taking yet 14% bf at 195? lol. Not really awkward moment lmao, I don't portray like I'm the strongest 18 year old in the world you fucking idiot, and what's up with that? I'm bulking you fucking moron, I'll be below 10% at the end of my cycle in 5-6 weeks.

Z?zz - July 23, 2015, 9:57 am

(Jul 22, 2015 12:49 PM)Putrid Wrote: [\[CITE\]](#) "Age: 18

Weight: 190-195lbs

Height: 6'1

Bodyfat: 14%

Bench: 290 lbs (max ever is 310)

Squat: 310 lbs

Deadlift: 330 lbs"

that awkward moment when I was a natural at 18, and was still stronger than you by a LONG SHOT NATURAL too. All the drugs yo're taking yet 14% bf at 195? lol.

You think that's a lot of gear lol? People run similar cycles as their first. Cool you're stronger and could reach the same stats natty shame you won't look the same though.

dnouhitko - July 23, 2015, 9:04 pm

Take some pictures, word's don't say much.

Z?zz - July 24, 2015, 6:18 am

(Jul 21, 2015 01:53 PM)Yous Wrote: [\[CITE\]](#) I'm on multiple forums and ever time people ask the roid users for pictures they never post them.

Steroids is a complex science, it may sound silly but it's pretty easy to fuck up, also the roids don't stop poor dieting most roid users use the roids because they're lazy and don't think they can achieve a good physique naturally. Combine that negativity and lack of discipline and it's often times steroid users end up just being fat and able to lift heavy, heck not even all of them lift heavy. (OG I am not directly point this at you I am saying most roid users if not all that ever participate on forums tend to have these habits)

The ones you see on TV and YouTube are famous for a reason because they put in the work. You still have to work hard with steroids.

* No I've never used steroids but I am studying pharmaceuticals and biochemistry and spent a good amount of time researching the topic over the past year.

About the pictures thing, most people that I've spoken to (on here and other forums) just don't post the pictures publicly. Most of these forums are filled with delusional natty's that think they're one test cycle away from turning pro, its easier to just avoid it. Private and more steroid related forums like gh15 have loads of these logs with pics.

VodkaNik - July 25, 2015, 6:27 pm

Just finished my full body session new deadlift PR 375 at 165lbs.

Shot Caller - July 28, 2015, 11:11 am

Just got back from gym and I have started training with my old training partner again (he went to another gym after the one we trained at closed down, but joined mine today) and I went for my 1RM on bench.

Current Weight: 205
1RM Bench: 350

So yeah, a 40lb increase from the start of my cycle :) I haven't been able to do a proper 1RM due to not having a spotter.

Super Saiyan God - July 28, 2015, 10:43 pm

(Jul 28, 2015 11:11 AM)OG????? Wrote: [\[CITE\]](#) Just got back from gym and I have started training with my old training partner again (he went to another gym after the one we trained at closed down, but joined mine today) and I went for my 1RM on bench.

Current Weight: 205
1RM Bench: 350

So yeah, a 40lb increase from the start of my cycle :) I haven't been able to do a proper 1RM due to not having a spotter.

Just know you won't maintain that strength off cycle

Suply - July 28, 2015, 10:49 pm

(Jul 28, 2015 11:11 AM)OG????? Wrote: [\[CITE\]](#) Just got back from gym and I have started training with my old training partner again (he went to another gym after the one we trained at closed down,

but joined mine today) and I went for my 1RM on bench.

Current Weight: 205

1RM Bench: 350

So yeah, a 40lb increase from the start of my cycle :) I haven't been able to do a proper 1RM due to not having a spotter.

Where do you get your roids from?

Shot Caller - July 29, 2015, 6:27 am

(Jul 28, 2015 10:43 PM)Super Saiyan God Wrote: [\[CITE\]](#) Just know you won't maintain that strength off cycle! I'm sure I'll maintain most of it, pretty sure my anavar is bunk so that isn't effecting my strength as got near to no vascularity and been on it for 6 weeks so won't be using CR again (although I've used CR Test Cyp and Winstrol and it was g2g), got better sources now anyhow, so it's just the test really where the strength has come from and I've ed it down to 400mg a week 2 weeks ago so I have enough left for my 3 week DNP cycle in 2 weeks.

Super Saiyan God - July 29, 2015, 8:10 am

(Jul 29, 2015 06:27 AM)OG????? Wrote: [\[CITE\]](#) I'm sure I'll maintain most of it, pretty sure my anavar is bunk so that isn't effecting my strength as got near to no vascularity and been on it for 6 weeks so won't be using CR again (although I've used CR Test Cyp and Winstrol and it was g2g), got better sources now anyhow, so it's just the test really where the strength has come from and I've ed it down to 400mg a week 2 weeks ago so I have enough left for my 3 week DNP cycle in 2 weeks.

What I'm saying is strength will of course be higher at 600mg because that's like 8x higher than you naturally produce . Strength is gonna decrease by 10 to 20 percent .

Be careful with dnp I can't imagine running it in the summer .

Z??zz - July 29, 2015, 9:32 am

(Jul 29, 2015 06:27 AM)OG????? Wrote: [\[CITE\]](#) I'm sure I'll maintain most of it, pretty sure my anavar is bunk so that isn't effecting my strength as got near to no vascularity and been on it for 6 weeks so won't be using CR again (although I've used CR Test Cyp and Winstrol and it was g2g), got better sources now anyhow, so it's just the test really where the strength has come from and I've ed it down to 400mg a week 2 weeks ago so I have enough left for my 3 week DNP cycle in 2 weeks.

cambridge research was only good in early batches

Shot Caller - July 29, 2015, 10:15 am

(Jul 29, 2015 08:10 AM)Super Saiyan God Wrote: [\[CITE\]](#) What I'm saying is strength will of course be higher at 600mg because that's like 8x higher than you naturally produce . Strength is gonna decrease by 10 to 20 percent .

Be careful with dnp I can't imagine running it in the summer . Yeah it's not to hot in UK this summer at all, it was hot 3-4 weeks ago but now it's raining half the time and max it gets to is about 21-25 degrees.

Viagra - July 29, 2015, 3:10 pm

I see you are increasing your weights at the big three, be careful as your joints may not like this.

csgo_player - July 29, 2015, 3:11 pm

Interesting man, good luck with your gains!

