

Forum:[Hack Forums](#)

Thread: [4 Month transformation \(1 month of sarms\)](#)

red - September 25, 2018, 10:28 pm

So before I even link anything I want to say that I have been going to the gym now for roughly 4 months. Previous to that, I worked out a shit ton when I was in 8th grade up until the end of my freshman year of highschool so I cannot really gain any noobie gains)

My body weight: 170-175lbs

My height: 6'0

Bench: 220lbs

Squat: 285

(These are honestly the only ones I can remember. I don't even remember maxing on deadlift or anything like that)

So after roughly 4 months of working out (1 month taking SARMS)

Bench: 255lbs (0 pre-workout/lifted at like 10:00pm, probably could have gotten at least 260lbs)

Squat: 320 (I know.. I need to get on my leg game)

Here are some before/after pictures:

Before:

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

After:

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

For some reason it's displaying the images being wayyyy bigger than what they should be. If you want to see them in their original size you'll probably have to right click and open image in new tab.

Anyways, I am open to any questions or criticisms. AND YES I KNOW I'M PALE AS FUCK

GNUJUNG - September 25, 2018, 10:48 pm

Good gains homie, =)

Install Libreboot

piratedepp - September 25, 2018, 11:07 pm

What SARMS you taking?

I was recommended them by a friend after an injury to my shoulder but I was pretty sketchy about the fact that there have been limited human trials and some of the few trials on mice that have been done caused cancer.

Also while we're on the topic. Have you noticed any changes in your mental health?

The friend that recommended them to me said he has had a lot of improvement in his mental health whether that's correlation or causation is obviously up for debate but I'm interested in your experiences.

Happen - September 25, 2018, 11:14 pm

I'm strongly against sarms, it's a research drug for a reason it's horrible for your liver. Anavar and tren is safer than any of the major sarms.

I'm a powerlifter, I'm just around a 700kg total and I have done the research and talked to doctors about both. Every single doctor I talked to were against sarms full force and are amazed how the FDA haven't cracked down on it. Sarms were meant for people with bone cancer to make their bones more dense. The side effect is that it makes your organs take a shitter way sooner.

Happen - September 25, 2018, 11:19 pm

Also, you really need to wait before you take anything. You're just getting into the fitness world and are nowhere near your natural potential. I didn't start gear till I turned 25.

piratedepp - September 25, 2018, 11:27 pm

(Sep 25, 2018 11:14 PM)EhhSense Wrote: [\[CITE\]](#) I am taking SARMS from Musclegen-Research. A friend of mine highly recommended it because it has been tested and the amount that is actually in the tablets they give you matches the amount they advertise.

And mental health, I really haven't noticed any benefits, if anything I've actually noticed I am a lot more depressed than usual and often think of suicide and shit but that's probably just me going through life and has nothing to do with the SARMS itself. The SARMS I am taking are actually a 5 SARM compound so it includes 5 different types of SARMS all in one. I looked up each of the 5 chemicals and they all have pretty amazing benefits physically, but I've not seen any research saying that it boosts mental health or anything like that.

What are the 5 different SARMS you are taking?

lol - September 26, 2018, 4:41 am

Why 1 month cycle? You get more results/gain more muscles if you do 8 week cycle or more.

lol - September 26, 2018, 2:17 pm

(Sep 26, 2018 12:56 PM)EhhSense Wrote: [\[CITE\]](#) The site I buy them from list them for about \$129.99 + shipping which is about \$10.00 so it's expensive as fuck for me.

Oh wow, not gonna lie that's very cheap. Where do you live? :O it's so expensive here in Australia.

lol - September 26, 2018, 10:28 pm

(Sep 26, 2018 02:25 PM)EhhSense Wrote: [\[CITE\]](#) That's cheap? Wtf lol I live in the U.S.

Are the chemicals approved by the Australian government or something? Other than that I don't know why they'd be expensive for you.

Wait wait...

Are you saying it's \$129.99 for each SARM?

Total: \$650?

FilmGuy - September 26, 2018, 10:52 pm

Can you link me to the SARMS your taking? Im intrested in getting back to lifting

lol - September 26, 2018, 11:16 pm

(Sep 26, 2018 10:56 PM)EhhSense Wrote: [\[CITE\]](#) Nah \$129.99 for all of them. They're all combined into 1 tablet and it comes with 30 of them for 30 days.

<https://muscle-gen-research.myshopify.com/products/kong>

If you are wanting to buy it, I would recommend doing it fast because they go out of stock on shit fast because I doubt they make this stuff in bulk.

LOL what the actual fuck? Yeah nah, seriously, way too cheap! Cheaper than fucking Australia. You're so lucky man haha I don't think we have something like that in Australia. Only separate ones.

Grimzyy - September 27, 2018, 8:31 am

why waste time with sarms?

but a needle in your ass pussy boi

Jester Race - September 27, 2018, 9:10 am

SARMS do suppres though not as much as aas. I'd do real aas only

Swip3r - September 27, 2018, 9:17 am

(Sep 26, 2018 11:16 PM)2SUS Wrote: [\[CITE\]](#) LOL what the actual fuck? Yeah nah, seriously, way too cheap! Cheaper than fucking Australia. You're so lucky man haha I don't think we have something like that in Australia. Only separate ones.

lol I'll ship that to you all day idgaf

lol - September 27, 2018, 11:46 am

(Sep 27, 2018 09:17 AM)Swip3r Wrote: [\[CITE\]](#) lol I'll ship that to you all day idgaf
Australia won't allow it lol which is bullshit.

Grimzyy - September 28, 2018, 1:44 am

(Sep 27, 2018 02:10 PM)EhhSense Wrote: [\[CITE\]](#) I mean doing that would be absolute shit not only because I hate needles, but there are a shit ton of side effects with steroids. "Why waste time with sarms?" I don't know if this was a troll post or if you really just don't have a clue lol.

not gonna argue with someone on hack forums about steroids

enjoy your sarms. ill stick to my tren a

Bill Gates - September 28, 2018, 2:03 am

(Sep 27, 2018 02:10 PM)EhhSense Wrote: [\[CITE\]](#) I mean doing that would be absolute shit not only because I hate needles, but there are a shit ton of side effects with steroids. "Why waste time with sarms?" I don't know if this was a troll post or if you really just don't have a clue lol.

Calling people clueless while taking an unregulated untested compound that has no case studies or FDA approval.

Just a Friendly FDA notice

"We are extremely concerned about unscrupulous companies marketing body-building products with potentially dangerous ingredients. Body-building products that contain selective androgen receptor modulators, or SARMS, have not been approved by the FDA and are associated with serious safety concerns, including potential to increase the risk of heart attack or stroke and life-threatening reactions like liver damage," said Donald D. Ashley, J.D., director of the Office of Compliance in the FDA's Center for Drug Evaluation and Research. "We will continue to take action against companies marketing these products to protect the public health."

Nadisty - September 28, 2018, 2:05 am

Very nice progress. Just try keep same poses in pictures.

Sigma - September 28, 2018, 3:25 pm

(Sep 25, 2018 11:14 PM)EhhSense Wrote: [\[CITE\]](#) I am taking SARMS from Musclegen-Research. A friend of mine highly recommended it because it has been tested and the amount that is actually in the tablets they give you matches the amount they advertise.

And mental health, I really haven't noticed any benefits, if anything I've actually noticed I am a lot more depressed than usual and often think of suicide and shit but that's probably just me going through life and has nothing to do with the SARMS itself. The SARMS I am taking are actually a 5 SARM compound so it includes 5 different types of SARMS all in one. I looked up each of the 5 chemicals and they all have pretty amazing benefits physically, but I've not seen any research saying that it boosts mental health or anything like that.

All Sarms have not been tested, that is why most people don't take them.

RDP-KING - September 28, 2018, 3:45 pm

Nice gains man , now i feel i'm to lazy to hit the gym ...i need motivation lol

EIDoc - September 28, 2018, 9:04 pm

Nice gains breh, I'm finishing up my SARM cycle in the next few days.

You only did the sarms for 4 weeks?

Bossk - September 30, 2018, 8:57 am

scared of needles or what?

(Sep 28, 2018 03:40 PM)EhhSense Wrote: [\[CITE\]](#) What do you mean? MK-2866, GW501516, MK677, LGD4033, and RAD140 have all been proven to work, they just don't know if there are any long term side-effects. Just google each one of them and read about them. The SARMS I am taking is a 5 stack so it includes all of those in each tablet.

You can see all the ingredients on the label:

Quote:they just don't know if there are any long term side-effects.

so wtf are you doing putting it in your body for minimal gains you fucking moron?

Bill Gates - September 30, 2018, 11:54 pm

(Sep 30, 2018 03:09 PM)EhhSense Wrote: [\[CITE\]](#) You literally have no clue what you're talking about lol. AAS have been proven to be more dangerous than SARMS, but they are more effective. The long term side-effects of SARMS are still untested in a regulated environment because it isn't approved by the FDA and it probably will never be approved by the FDA for obvious reasons.

Calling me a "fucking moron" for no reason just because there have been no regulated long term

studies on the drugs is absolutely retarded considering the drugs you are probably taking right now for a fucking headache have no long term studies on humans.

He's not calling you a moron for no reason, he's calling you a moron because you're pumping that shit into your body with no understanding what it will do in the longterm, pretty self-explanatory to why he's calling you a moron, I get it, he gets it, others will also get it, you just don't seem to get it, hence the moron.

"you are probably taking right now for a fucking headache have no long term studies on humans." Really? Do you read what you post?

Just wanted to save this gem for easier use later so i can get a good laugh at it.

Bill Gates - October 1, 2018, 1:29 am

(Oct 1, 2018 01:00 AM)EhhSense Wrote: [CITE](#) I've already stated I don't care what happens to me in the long run

Yea it kind of backs his moron comment up, GG.

Bill Gates - October 1, 2018, 1:53 am

(Oct 1, 2018 01:47 AM)EhhSense Wrote: [CITE](#) Oh I see, your dad died this year so you think talking shit online will make you feel better. Not only that, but it seems that your ego has grown a bit since you got a SICK NEW YOUTUBE PARTNERSHIP on your channel that averages 300 views a video. Stick to growing your 2 weed plants instead of commenting in the Health Wise section and grow up old man.

EDIT: Shit I didn't realize you were making BANK from selling some awesome whitehat off-shore hosting! Wow what a great product you are providing! It's almost like it makes no sense to have off-shore hosting when you aren't doing anything illegal? Maybe that's why you have no luck selling anything on this forum, because you don't know how to advertise and make anything appealing. Why would anyone buy your shitty sketchy ass hosting when they could go buy a legitimate established businesses hosting that is probably cheaper and more reliable?

Hahahaha, are you angry? Seems i have touched a nerve? You know going around calling people clueless and all that fluffy shit you keep spouting, while taking a compound that you're clueless about what it does, makes you come across as a huge mongtard. This is why he called you a moron, now if you are too fragile to get that point, cool.

Now your post is what I'd call salty.

It made me laugh though, so GG.

Bill Gates - October 1, 2018, 2:34 am

(Oct 1, 2018 02:09 AM)EhhSense Wrote: [CITE](#) You got proven wrong in your shitty first comment, then you proceed to ride someone elses dick calling me a moron because your ego wasn't stroked enough.

"taking a compound that you're clueless about what it does"

No.. there are thousands that take it everyday and hell, doctors even prescribe it to people if they really need it. There have been tons of short-term studies done and long-term studies are only able to be conducted by people taking the risk so I just so happen to be one of the thousands that have decided to take the risk. I would much rather take SARMS compared to AAS considering you have to continuously use them to grow and when you stop you instantly start losing all your gains and have

terrible side-effects. Call me a moron all you want, but taking SARMS over steroids is a much better decision if you are wanting to just have a basic fit physique compared to going for size and only size. You are probably some random ass 35 year old powerlifter so you probably don't care about being physically fit as long as you can push as much weight as you can.

Again, let me just say this in a shorter version. You are saying people that take SARMS are a moron compared to someone that takes AAS because there have not been long-term studies on the new SARMS that have come out.

Let me give you a few of the side effects of long-term AAS use: Damage to testicles, liver diseases, malfunctions of kidneys, liver, or heart, psychotic aggression, paranoia, severe acne, high cholesterol, etc.

No, all you did was spout "you're clueless" to people that have a different opinion, the only thing you proved and self-confirmed is that you're a moron. You got salty as fuck then began getting personal, you need to relax, it's the internet. You also don't need Steroids or SARMS for what you're doing. You self-admit that you don't care about the outcome of your health in the long term, yet try to act like you're some pioneer in research, you probably don't even get bloods done. People that take steroids for non-medical gains are morons also, because that's my opinion, you may not like it, but it's the internet and if you're expecting 100% approval here, you're in the wrong place.

I could have come in and said "I hope your liver falls out through your arsehole you gaping thickwit"

What blood works do you get done?

What frequency do you get them done?

Fancy posting the results?

LFT results?

Bossk - October 1, 2018, 5:37 am

(Sep 30, 2018 03:09 PM)EhhSense Wrote: [\[CITE\]](#) You literally have no clue what you're talking about lol. AAS have been proven to be more dangerous than SARMS, but they are more effective. The long term side-effects of SARMS are still untested in a regulated environment because it isn't approved by the FDA and it probably will never be approved by the FDA for obvious reasons.

Calling me a "fucking moron" for no reason just because there have been no regulated long term studies on the drugs is absolutely retarded considering the drugs you are probably taking right now for a fucking headache have no long term studies on humans.
equating sarms with headache pills.

fucking nice one. good luck.

Quote:Let me give you a few of the side effects of long-term AAS use: Damage to testicles, liver diseases, malfunctions of kidneys, liver, or heart, psychotic aggression, paranoia, severe acne, high cholesterol, etc.

admit your fear of needles. being honest to urself is very important.

gianni - October 1, 2018, 5:44 am

Imagine saying that there are no side effects but then admitting that you literally think about killing yourself more often after using some shit drug that isn't even regulated.

Bill Gates - October 1, 2018, 3:09 pm

(Oct 1, 2018 02:05 PM)EhhSense Wrote: [\[CITE\]](#) I already said that I don't like needles and the headache comparison was just a broad statement.

I never said there were no side-effects when using SARMS? I said the side-effects are minimal compared to using anabolic steroids and that's just a fact. And like I said earlier in this thread, the depression was there before I started taking SARMS so there's no way to tell if it's doing anything to make it more severe or not.

No.. I linked multiple websites and articles proving what you said was wrong and then you just stopped replying until you saw me start beefing with another person..? You can have your opinions, that's completely fine. But YOU are the one that started throwing around the insults saying I called someone "clueless" when I never did. The personal stuff was a low blow, I'll admit. And yes, I know I don't need steroids or SARMS to get a fit physique, but like I said I already accomplished noobie gains years ago when I was a freshman in highschool so getting to the point of having a fit physique would take me at least a year or more and at the time that I was thinking about getting back into the gym I simply didn't have a year to spare because I was starting college soon, so I decided to try out SARMS after about 2 months of lifting naturally.

"You self-admit that you don't care about the outcome of your health in the long term, yet try to act like you're some pioneer in research"

Uhm, no lol. I literally Googled the "research" for 30 seconds and then skimmed over what the sites had to say and then summed it up for you and gave you a source to where I found the information, it's a common way to respond to someone that is disagreeing with something that's already been proven. If Googling and providing a source to what I found makes me a pioneer in research then holy shit, I'm taking the wrong path in life. Also, take a quick look at this reply. The user I was responding to actually gave his opinion without sounding like an asshole and also provided some reasoning for his opinion.

"You probably don't even get bloods done"

Nope, don't care about long-term health that much but if I ever am at the doctors I will probably get it done.

"but it's the internet and if you're expecting 100% approval here, you're in the wrong place."

I clearly stated at the bottom of the thread that I am open to any questions and or criticisms. I was just hoping it would be constructive criticism, not just some people calling me a "fucking moron" for no reason because their opinions don't align with mine. I knew there wouldn't be 100% approval here on HF because I've seen SARM threads here on the forum before and the people warning others to not take them so I obviously expected some people to say it wasn't safe. But then you get people that say I am a fucking moron for taking SARMS over steroids because it gives "minimal gains".

"I could have come in and said "I hope your liver falls out through your asshole you gaping thickwit""

Hold on for a second. Let's rewind and look at what this whole argument started from shall we?

I replied saying that this guy must be trolling or just doesn't have a clue because #1 SARMS have been proven to benefit gains whether it be putting on muscle mass or burning fat, etc. #2 He said "put a needle in your ass pussy boi" so that right there just sounds like he's trolling.

So then here comes good ol' cletis with his awesome constructive criticism! You say:

I didn't call him clueless, I said he's either a troll because it sounded like he was trolling or he just doesn't have a clue because although SARMS are unregulated by the government, they have been

tested on other animals and showed far less side-effects compared to AAS. So then I replied to this showing you how what you said was wrong because in fact there have been tons of studies done on animals. You can go back and read my reply if you really want to, it was a long reply so I don't feel like quoting it here.

Anways, after I proved your response wrong, you didn't reply at all until you noticed that a user called me a "fucking moron" for not wanting to stick a needle in my ass and instead taking SARMS that have been proven to have less side-effects and less severe side-effects.

Tldr; you didn't respond after being proven wrong in your first reply and then waited till another person hopped on the hate train.

"wrong because in fact there have been tons of studies done on animals". LOL We're talking humans here. After all, you're a human ingesting it for recreational use.

Whats kind of long-term effects can be had from SARMS? Rhetorical question.

You get no bloods done as even a baseline, how do you know what's going on inside you?

How would you know to treat a side effect from longterm use? You wouldn't because you don't have a clue to what may happen or what the correct thing is to fix it. You're just blindly hoping that it works out, a classic sign of a moron.

Your basing SARMS V roids is like apples and oranges, Roids have been studied in details since the 40's SARMS have not, they know how to treat problems with steroids, SARMS longterm they do not, and you blindly take it.

You have proved nothing wrong, lol

I'd give you more depth, but it's like pissing against the wind and i'm off to bed,

Good night.

Bill Gates - October 2, 2018, 12:30 am

(Oct 1, 2018 04:14 PM)EhhSense Wrote: [\[CITE\]](#) We share 99.9% of DNA with animals and in my earlier reply I linked an article explaining that scientists have been using rats to study and increase awareness on drugs for 200+ years. Obviously humans are different than a rat but biologically we're similar. And this whole long-term use shit doesn't even relate to me at all because I've only taken SARMS one time. So long-term USE is different than long-term side-effects. Which one are you talking about? Because now you're making it sound like you're talking about long-term USE when the original argument was about long-term side-effects.

"I'd give you more depth, but it's like pissing against the wind"
I cannot wait for your response when you wake up :)

"They know how to treat problems with steroids, SARMS long-term they do not"

I've taken SARMS for 30 days so long-term USE is out of the question.

What happens when they test a compound for the first stages of testing? Then where do they progress to, and what is the final progression of that compound? clinical human trials yes? Now as there has been none, my comment stands on the long-term side effects of sarms on humans.

I dont care if you think that somewhere before the final stage of testing that you think it's safe, it clearly isn't been deemed as safe though is it? because it's not going through a full spectrum of tests and trials on HUMANS for it to be fda approved for human consumption.

Not all animal trials (mice & Rats) translate to humans, so sitting there saying they have 99% DNA means absolutely squat, and you know it. In fact, scratch that, you probably don't, but you should educate yourself on it before using that as a counter. I suggest reading "Of Mice and Men" Link: [Of Mice and Men](#)

Bill Gates - October 2, 2018, 2:23 am

(Oct 2, 2018 01:16 AM)EhhSense Wrote: [\[CITE\]](#) I am not educated at all in this field and I'm just answering you based on what I see from multiple Google sources. You can have your opinion on SARMS and I can have mine, in the end both of us really don't know whether there will be devastating long-term effects and you can call me a moron for that all you want. I'm tired of arguing my point when we both know both of us are too stubborn to even consider each others statements.

Done and done

Yea, cool. Have a pleasant day.

Jester Race - October 2, 2018, 12:56 pm

(Sep 30, 2018 03:09 PM)EhhSense Wrote: [\[CITE\]](#) You literally have no clue what you're talking about lol. AAS have been proven to be more dangerous than SARMS, but they are more effective. The long term side-effects of SARMS are still untested in a regulated environment because it isn't approved by the FDA and it probably will never be approved by the FDA for obvious reasons.

Calling me a "fucking moron" for no reason just because there have been no regulated long term studies on the drugs is absolutely retarded considering the drugs you are probably taking right now for a fucking headache have no long term studies on humans.

Post the proof here.

Grimzyy - October 3, 2018, 4:44 am

(Oct 2, 2018 04:08 PM)EhhSense Wrote: [\[CITE\]](#) I've already posted numerous articles and websites dedicated to explaining the difference between the two. Just Google yourself, it takes less than 10 seconds.

or 60 seconds to put a needle in your bum bum.. less harsh on the liver.. more gains..

if you wanna use sarms then go ahead but y not get double the gains?

? Death Disturbance ? - October 3, 2018, 10:20 am

your progress is shit boss x

AMAVI - October 3, 2018, 10:44 am

The suicidal and depression could be cause by suppression, combining all those Sarms will for sure do something, specially the rad-140.

Rad-140 is known to have you lethargic and suppressed towards the end, LGD coming in second and the rest barley would be noticeable, hop on PCT and you should be good afterwards.

Oh.. on top of that don't argue with the people that hammer you for taking these, your life, your choices and regardless of what they say you won't change your mind + people do harsher recreational drugs, or drink a shit ton.. you choose your poison.

Vigor - October 3, 2018, 8:20 pm

Looks good, nice shoulder/trap development based off that tank top pic.

I think you should work on arm thickness. You have nicely developed bis, but all of the other

muscles in that area need hit hard. You should definitely try to hit tris super hard, do a lot of dip work. I guarantee that if you implemented weighted chest dips as a main lift in your routine your arms would fucking explode. I'd even consider swapping out bench for it. If not, definitely do some anyway, even as a secondary/tertiary lift. They will help your tris develop, hit the chest in all the right places, and even help with the lockout on your OHP.

Good job man and keep going.

Motiv - October 4, 2018, 12:00 pm

(Sep 25, 2018 11:14 PM)Happen Wrote: [\[CITE\]](#) I'm strongly against sarms, it's a research drug for a reason it's horrible for your liver. Anavar and tren is safer than any of the major sarms.

I'm a powerlifter, I'm just around a 700kg total and I have done the research and talked to doctors about both. Every single doctor I talked to were against sarms full force and are amazed how the FDA haven't cracked down on it. Sarms were meant for people with bone cancer to make their bones more dense. The side effect is that it makes your organs take a shitter way sooner.

FDA just banned them like a month ago.

Jester Race - October 5, 2018, 12:20 am

(Oct 2, 2018 04:08 PM)EhhSense Wrote: [\[CITE\]](#) I've already posted numerous articles and websites dedicated to explaining the difference between the two. Just Google yourself, it takes less than 10 seconds. I'm not interested in sites explaining the difference between the two. I want scientific proof that AAS is more dangerous than SARMS as you claimed that it has been proven. Anecdotal reviews don't mean shit nor do they prove anything.