

Forum: [Hack Forums](#)

Thread: [First SARM cycle?](#)

Fresh - February 1, 2019, 5:25 pm

Never taken anything but considering starting with something simple like this, any opinions?

Plan to buy from here: <https://evolvingnation.com>

I'm a few years into lifting, diet is good, and just looking to put on some more size.

Week 1-12 LGD-4033 10 mg

PCT

Clomid 50/25/25/25

GW 20 mg

Parks - February 1, 2019, 5:28 pm

What was your reasons for going with sarms over just test or something?

Fresh - February 1, 2019, 5:32 pm

(Feb 1, 2019 06:28 PM)parks Wrote: [\[CITE\]](#) What was your reasons for going with sarms over just test or something?

Ehh considered a test only cycle, as it would be cheaper also. But just want to save that for later down the road. And have friends with good results from just one cycle of sarms.

Sixen+ - February 1, 2019, 5:34 pm

If this is your first time, I recommend you going for an S4 cycle. I just got off an S4 cycle and put on like ~15 pounds while also adding ~100 to my DL, 50-60 to my bench, and a decent amount to my squat. I was also dosing at 100mg for the last 3 weeks with minimal visual sides.

I recommend purchasing off of purerawz, they're pretty legit and just as cheap as the source you've supplied. I haven't really heard of them but purerawz has quite a big reddit following with plenty of testimonials. Anyway, if you do go through with this, the cycle looks fine, SARMS are really easy to manage and you'll put on a LOT of strength. So it is a good cheaper alternative to a test cycle IMO.

As for PCT, clomid should work just fine and GW is quite a fun drug especially if you want to start hoping on the treadmill (you'll notice significant cardiovascular improvements.)

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(Feb 1, 2019 06:34 PM)Sixen+ Wrote: [\[CITE\]](#) If this is your first time, I recommend you going for an S4 cycle. I just got off an S4 cycle and put on like ~15 pounds while also adding ~100 to my DL, 50-60 to my bench, and a decent amount to my squat. I was also dosing at 100mg for the last 3 weeks with minimal visual sides.

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As for PCT, clomid should work just fine and GW is quite a fun drug especially if you want to start hoping on the treadmill (you'll notice significant cardiovascular improvements.) Appreciate the info mate. When was the last time you purchased from purerawz? Saw people where complaining they never received their orders.

Bob White - February 1, 2019, 5:51 pm

Sarms are garbage. Good old testosterone is the way to go first time around. Why dip your toe when you can swim? You're still shutting your natural production down, mise well get gains from it. PM me if you need actual good advice. ?

Sixen+ - February 1, 2019, 6:09 pm

(Feb 1, 2019 06:39 PM)Fresh Prince Wrote: [\[CITE\]](#) Appreciate the info mate. When was the last time you purchased from purerawz? Saw people where complaining they never received their orders.

Proly 3 months ago? I didn't have a problem at all.

(Feb 1, 2019 06:51 PM)Robert Taylor Wrote: [\[CITE\]](#) Sarms are garbage. Good old testosterone is the way to go first time around. Why dip your toe when you can swim? You're still shutting your natural production down, mise well get gains from it. PM me if you need actual good advice. ?

I mean this is true, but I'd say for someone starting a first cycle, you should be familiar with being consistent and prepared.

red - February 1, 2019, 6:59 pm

I have tried sarms and I got a pretty good amount of results with it. Don't listen to the people that try to scare you. You are probably at a bigger health risk eating McDonald's twice a month for 10 years then you would be for taking sarms one time for a month.

Long story short, everything in this world kills you, whether it be slow or fast. Take sarms at your own risk, but know that a lot of people that are against sarms are usually out here taking anabolic steroids and shit and just say "dude there is no long term studies on sarms ur gonna die in 5 years moron why take that xd i inject fluid in my ass"

Here's my old transformation thread btw: <https://hackforums.net/showthread.php?tid=5888698>

You might be able to get an idea of what you can expect although the sarms I took were a 5 compound stack of MK-2866 (25mg), GW501516 (20mg), MK677 (15mg), LGD4033 (10mg), and RAD140 (6mg).

Bob White - February 1, 2019, 7:01 pm

(Feb 1, 2019 07:59 PM)EhhSense Wrote: [\[CITE\]](#) I have tried sarms and I got a pretty good amount of results with it. Don't listen to the people that try to scare you. You are probably at a bigger health risk eating McDonald's twice a month for 10 years then you would be for taking sarms one time for a month.

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Testosterone used correctly is significantly safer than sarms, are you braindead wetodded?

red - February 1, 2019, 7:09 pm

(Feb 1, 2019 08:01 PM)Robert Taylor Wrote: [\[CITE\]](#) Testosterone used correctly is significantly safer than sarms, are you braindead wetodded?

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2072878/>

In case you are too lazy to read:

Meta-analyses indicate that testosterone supplementation increases fat-free mass and muscle strength in HIV-positive men with weight loss, glucocorticoid-treated men, and older men with low or low-normal testosterone levels. The effects of testosterone on physical function and outcomes important to patients have not, however, been studied. In older men, increased hematocrit and increased risk of prostate biopsy and detection of prostate events are the most frequent, testosterone-related adverse events. Concerns about long-term risks have restrained enthusiasm for testosterone use as anabolic therapy. Selective androgen-receptor modulators that are preferentially anabolic and that spare the prostate hold promise as anabolic therapies. We need more studies to determine whether testosterone or selective androgen-receptor modulators can induce meaningful improvements in physical function and patient-important outcomes in patients with physical dysfunction associated with chronic illness or aging.

ARE YOU bwaindead wetodded?

Bossk - February 3, 2019, 7:31 am

(Feb 1, 2019 08:09 PM)EhhSense Wrote: [\[CITE\]](#)

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Never seen someone who's THIS scared of needles

red - February 3, 2019, 10:58 am

(Feb 3, 2019 08:31 AM)Bossk Wrote: [\[CITE\]](#) Never seen someone who's THIS scared of needles I hate needles, mosquitoes, etc bro ngl. Still can't deny what has been studied and what hasn't though ?

Grimzyy - February 4, 2019, 9:30 am

SARMS haven't been studied enough yet and don't produce as good results as anabolic steroids.

Test only cycle is the way to go and sides are easily handled.

PM me if serious.

Caliban - February 4, 2019, 1:47 pm

You either stay natty or do real roids, dont do that SARMS bs

Fresh - February 6, 2019, 12:17 am

(Feb 4, 2019 02:47 PM)Caliban Wrote: [\[CITE\]](#) You either stay natty or do real roids, dont do that SARMS bs

Too late just put in the order :(goal is to just put on a good couple pounds from this one cycle and kinda maintain where I'm at after.

Caliban - February 6, 2019, 6:11 am

(Feb 6, 2019 01:17 AM)Fresh Wrote: [\[CITE\]](#) Too late just put in the order :(goal is to just put on a good couple pounds from this one cycle and kinda maintain where I'm at after.

well doing it one time wont harm so good luck lol

mikezpro - March 1, 2019, 6:52 am

I've used S4 and GW, loved the results from Both of them but I had to stop S4 as the Visual sides started fucking with me