

Forum:[Hack Forums](#)

Thread: [Did Covid-19 affected your steroid cycle?](#)

humanbody - April 10, 2020, 10:35 pm

How have you been affected by this situation with the virus?

Me, personally, I started with my 12 week cycle and the first 2 weeks of my steroid cycle were great, I was following the virus updates as it was only in China and then 2 weeks later it got out of control and started spreading all over the world. Then it came to a point where the government announced that all gyms needs to be closed for "unknown period".

And I was just getting into 5th week of my cycle right when test fully kicked in. However I decided to stop with the cycle at week 5. Even though I have equipment at home, I know that I can make a lot more progress in the gym rather than working out at home. So that's what I did. I stopped with the cycle, at 5th week I did blood work to check where my estrogen levels are and they were through the roof so I was taking Aromasin for 1 week (every other day), then 1 week later I started with the PCT protocol (5 weeks Tamoxifen at 20mg every day and 5 weeks Clomid at 50mg every day).

This was my current 12 week cycle:

week 1 - 12 = Test E - 400mg per week (Mon & Thur pin)

week 3 - 12 = HCG - 250iu per week (Wed & Sat pin)

week 6 = blood work (to determine whether I need Aromasin or not)

PCT:

5 weeks Tamoxifen at 20mg every day

5 weeks Clomid at 50mg every day

I am still on PCT, currently I am in 2nd week.

Once this is over I will be giving my body a break. I won't be taking anything for 12 weeks.

Still workout at home just to maintain my muscles so once I get back at the gym I can continue with full blast.

How it is for you people?

Bossk - April 11, 2020, 8:18 am

Steroids? tf people still do that lol

post body and height please.

humanbody - April 11, 2020, 8:26 am

(Apr 11, 2020 08:18 AM)Bossk Wrote: [\[CITE\]](#) Steroids? tf people still do that lol

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Well there's quite a few that are still taking. And most of them got screwed by the virus just like me so they either low dosages or stop taking and do PCT right away.

I am not sure what you mean by "post body", if it's a picture, I would rather not. I'll just drop my stats below.

Height: 6.4ft
Weight: 220

Bossk - April 11, 2020, 8:28 am

(Apr 11, 2020 08:26 AM)humanbody Wrote: [\[CITE\]](#) Well there's quite a few that are still taking. And most of them got screwed by the virus just like me so they either low dosages or stop taking and do PCT right away.

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Ur on roids, post body lol. All that T shouldn't make you self conscious.

humanbody - April 11, 2020, 8:37 am

(Apr 11, 2020 08:28 AM)Bossk Wrote: [\[CITE\]](#) Ur on roids, post body lol. All that T shouldn't make you self conscious.

Stop pushing it, reason why I am self conscious is because I am on PCT now. Maybe next time when I am on cycle.

Sigma - April 11, 2020, 4:19 pm

I have heard a lot of people having to stop their cycles. Did you notice any acne when going into PCT?

humanbody - April 11, 2020, 5:06 pm

(Apr 11, 2020 04:19 PM)Sigma Wrote: [\[CITE\]](#) I have heard a lot of people having to stop their cycles. Did you notice any acne when going into PCT?

Nope, I don't have that kind of issue at all. I never had any side effects at all. I am just more estrogen prone, I convert a lot in estrogen so thats why I have to start taking aromasin since the first week of my pinning.

Sigma - April 12, 2020, 3:52 am

(Apr 11, 2020 05:06 PM)humanbody Wrote: [\[CITE\]](#) Nope, I don't have that kind of issue at all. I never had any side effects at all. I am just more estrogen prone, I convert a lot in estrogen so thats why I have to start taking aromasin since the first week of my pinning.

That's really good. Are you worried about infertility at all? Sometimes HCG doesn't work for this.

humanbody - April 12, 2020, 4:38 am

(Apr 12, 2020 03:52 AM)Sigma Wrote: [\[CITE\]](#) That's really good. Are you worried about infertility at all? Sometimes HCG doesn't work for this.

I am not worried about it at all. Because I know what I am doing unlike some people where they abuse drug use for years and once they realize they are fully screwed they try to take HCG and later you see them ranting all over the internet how HCG does not help.

That's why the best is whenever you start the cycle, during the cycle you should start taking HCG so your nuts don't shrink and stimulate just enough. Been using steroids for 3 years (same cycle since the beginning, the one that is written above) and I am completely fine, 0 side effects.

This is usually the HCG protocol to follow.

1-7 week cycle - No HCG

8 week cycle - Week 3-8 250iu twice a week
12 week cycle - Week 3-12 250iu twice a week
16 week cycle - Week 3-8 250iu twice a week
Week 11-16 250iu twice a week

For more click [/2ybqUQ5\]here](#)

Sudsy - April 22, 2020, 6:07 am

Why do people do steroids

humanbody - April 22, 2020, 6:11 am

(Apr 22, 2020 06:07 AM)Sudsy Wrote: [\[CITE\]](#) Why do people do steroids

Maybe because I have lower testosterone than every other normal human being. And with that being said instead of taking the recommended TRT dose, I take a bit higher dosage for shorter period of time. Some people take just to feel better or to build muscle, some take for shows etc ... But I do agree with you that taking steroids just to show off on the beach and to get girls is extremely stupid.

Sudsy - April 22, 2020, 7:13 am

(Apr 22, 2020 06:11 AM)humanbody Wrote: [\[CITE\]](#) Maybe because I have lower testosterone than every other normal human being. And with that being said instead of taking the recommended TRT dose, I take a bit higher dosage for shorter period of time. Some people take just to feel better or to build muscle, some take for shows etc ... But I do agree with you that taking steroids just to show off on the beach and to get girls is extremely stupid.

Lower testosterone? That's interesting, is it possible to do the bigger dosage for a shorter period of time and it to have permanent effects? Not like your dick or balls shrinking but the desired outcome you want?

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(Apr 22, 2020 07:13 AM)Sudsy Wrote: [\[CITE\]](#) Lower testosterone? That's interesting, is it possible to do the bigger dosage for a shorter period of time and it to have permanent effects? Not like your dick or balls shrinking but the desired outcome you want?

At the age of 24 I went to the doctor to check what's wrong with me (I was feeling a bit tired than normal and didn't feel that I had that much strength compared to the guys at my age, usually after gym I was pretty much collapsed and my body needed a sleep of at least 14 hours in order to recover, this was all due to lower testosterone) and after some tests they found out that I have lower testosterone so they prescribed me testosterone.

And to clear the confusion. Steroids does not shrink your dick, only your balls (but if you use hcg, there will be only slight difference in terms of shrinking compared to if you don't use it. Hcg helps to stimulate your testicles) .

So here's what I do.

I do 2 cycles per year. Usually I start at January.

I take test e at 400mg per week for 12 weeks. Keep in mind that this is considered a "beginner dosage" between the gym bros. After my last pin i wait for 2 weeks for my test to clear a bit and then I go into post cycle therapy for 5 weeks. Thats total 19 weeks. Thats how much I rest from steroids after my cycle and then I do it again. Like I said 2 cycles per year and I've been doing this for quite awhile and everything is normal. No side effects no nothing. Blood is perfect, thyroid functions normally as before and this is all due to me using test in normal dosages and with taking all the protection which helps with recovery.

The most important thing is to do 3 bloodworks which only some people do. You do pre-cycle, to check how is your blood and everything else, then you do mid blood work (mostly it is done to determine how high is your estrogen and whether you need to take something to bring it down a bit, else you will get gyno) and last blood work is done 2 weeks after you finish your PCT to see how you've recovered.

The most important is to have your bodyfat low, preferably is to be lean before you start with a cycle else all the fat in your stomach or anywhere else will play big part of getting a gyno. Thats why it is a MUST, to be lean before hopping on a cycle. 10-12% is perfect but no more than that.

And to answer your question. Yes it is possible to take higher dosages for short period of time, lets say instead of 12 weeks you go for 8 weeks. But I dont recommend as chances of screwing yourself are higher and abusing at abnormal dosages will definitely have an impact on your body later down the road. But if you use at normal dosages and have sorted diet, for example like me, you can build good muscle.

Also I've seen people doing lower dosages but instead of 12 weeks they go for 16 weeks. Well, I can tell you that if you plan on not to have kids then go for this. Your body will take so long to recover it's just won't worth the length of the cycle to be extended this much.

But most important is your diet and sleep. Good diet + 8 hours of sleep = amazing results. If you haven't figure out how much calories you need and what type of food your body can digest faster, you better dont even think about taking steroids. Because you can still make good muscle even if you eat like shit but once you drop that testosterone you will lose everything. Thats why its important to play smart and thing long term, think about the future...

Like I said food and rest play big part of your steroid cycle. If I get to break them down it would be: 45% food, 45% rest, 10% steroids. This is what will have most impact on you. If you are on a good quality diet and forget about all the shitty food you can make so much progress and even when you drop the steroid cycle you can maintain most of what you've build. Its just that you will have less strength but still you can maintain your muscle very easy. You can have cheat meal from time to time but I wont recommend after you stop with the cycle to completely change your diet and start eating donuts, drink coke, eating chocolate and all kinds of junk food.

This is my opinion on it. A bit longer but worth reading.

Silkroad - April 22, 2020, 7:57 am

(Apr 11, 2020 08:18 AM)Bossk Wrote: [\[CITE\]](#) Steroids? tf people still do that lol

post body and height please.

I personally don't use them but there's people all around the world taking them, it's always been like that.

Bodybuilders use roids all the time...

I don't understand why you seem surprised about it lol

Driz - May 11, 2020, 10:29 am

Bruh I like the fact you aren't pushing it with the gear unlike a lot of guys I know. What is your own experience with Test E when compared to the other esters? I'm yet to run my first cycle but probably next year end due to the shitshow that this year has been. I plan on a simple 300g Test cycle but I haven't thought on the ester yet. Also ik side effects are subjective but how has it been for you?

humanbody - May 11, 2020, 12:10 pm

(May 11, 2020 10:29 AM)Hansa Wrote: [\[CITE\]](#) Bruh I like the fact you aren't pushing it with the gear unlike a lot of guys I know. What is your own experience with Test E when compared to the other esters? I'm yet to run my first cycle but probably next year end due to the shitshow that this year has been. I plan on a simple 300g Test cycle but I haven't thought on the ester yet. Also ik side effects are subjective but how has it been for you?

Yeah, I don't need to, playing smart it's what's needed. And I look on this for a long term. The only difference between using tons of gear and less of gear is that with tons of gear you can make incredible if not insane amount of progress in such a short period of time but you gonna screw your body, because the next time you will want more gear because you've been amazed from the results. But if you keep it nice and steady you will have the same progress just in a bit longer period of time it will be achieved.

Anyway, I've never been using any other esters except for testosterone E. Because I found that test E is the best for beginners and one of the most used testosterone out there.

The only difference between all the esters are: frequency of injection and dosage.

I would advice you to go for test e because it doesn't require to be injected that frequently and make sure you split your dosage in half. So that you inject Monday morning and Thursday afternoon, so it is exactly 4 and a half days of it's half life. In your case it would be 150mg Monday morning and 150mg Thursday afternoon. Reason why you want to split the dosage amount and have 2 injections per week rather than one is to have stable test levels. Because if you just inject only once and that would be Monday, at Thursday ur test levels will start to decrease and those days you might start to feel a bit weak, overall you will notice the difference. That's why the best is to inject twice a week so you can have that normal and stable line of test.

I had 0 side effects. Even though since my first cycle I've been on a test e 400mg a week up to this day (of course with breaks). But what I did is the following.

Tip 1: Make sure you are at 10-12% bodyfat else if you are more than this then you will be most likely more prone towards gyno and that's the last thing you wanna have. Usually your mid part aka abs should be flat and it's good if you have somewhat visible abs. Overall if you are at like 15% bodyfat then don't even consider doing unless you drop your bodyfat percentage lower.

Tip 2: Don't be an idiot and try to save money by not doing blood work. You need to do 3 blood works. Before starting the cycle to see how's your blood levels, then mid cycle (to determine whether you need an AI or not), usually this mid cycle people either do an early mid cycle blood work at week 5 or they go at week 6. It's totally optional. Unless you feel like you are starting to develop a gyno then you will go and do the bloodwork at week 5. The least thing you want to do is to take some AI without knowing where your estrogen levels are and never take AI based on "how you feel", and if you crash your estrogen then you will fuk yourself so hard, it's not that great. And then the last blood work should be done 2 weeks after u finish your PCT (post cycle therapy) to see how you've recovered.

Tip 3: In case you are prone to acne or similar of this type, or you had a bit more acne back when you were a teenager I would advice you to drink more water. If you have been drinking let's say 4L, up your water intake to 6L a day. You will notice how your skin will change and will be more soft and your face will be more clean. Water plays a huge role. And do 2 showers instead of 1. Usually after you wake up and after your gym.

Tip 4: Don't be an idiot and eat all kind of food. One of the main rules before starting a steroid cycle is to learn how your body reacts to certain type of food and how many calories you need in order to gain/lose/maintain weight. If you haven't figure out your diet or what works best for you then I

wouldn't advice you to even bother start with steroid cycle. Because you will have 0 improvement. You might feel a bit stronger and lift a bit heavier at the gym but that's pretty much it. So, make sure your diet is sorted and you know what diet works best for you.

Tip 5: Get vitamins and minerals. It's one of the essential things during the steroid cycle. Because of how much you will be rocking hard at the gym your body will be depleted and you will need vitamins and minerals. I personally been using Animal Pak.

Tip 6: Don't throw money on gainers or other type of supplements. The only thing you will need is real food. And from supplementation you'll need BCAA and vitamins and minerals. However this is optional, if you have the budget go for it, if not it's totally fine (make sure you add more veggies&fruits in your diet and you are good to go). And don't buy preworkout while being on a cycle. The stimulants might have negative impact on you. i.e make you feel sleepy, tired, not being able to sleep at night. Like seriously you don't need preworkout while being on a cycle because you will feel a lot more motivated and will have a lot of energy. Save the money to buy better and quality food.

Tip 7: 8 hours of sleep is a must. You will notice sometimes even if you sleep like 5 hours you will feel like you've been sleeping for 12 hours and that you don't feel the need of more. That is due to your test levels been up which means higher test levels, less rest time needed. However you need 8 hours of sleep in order for your muscles to grow, even though you will feel fine with just 5 hours of sleep. Always aim for 8 hours.

Tip 8: I know you will feel powerful in the gym but don't go too crazy with the weights because this is how most of these "beginners" injure themselves. They jump on cycle they feel strong and they start banging heavy weights and at the end they'll end up injuring themselves. Play smart and stretch a lot before working out. Usually I stretch for around 10-15 minutes, do cardio on the machine for another 10 minutes to warm up my entire body and then start lifting. Don't be like one of those idiots that walk right away from the door and start with heavy weights. You gotta work your way up to there. Also after each workout, perform another stretch to minimize the potential of getting cramps. However I am not saying that you should be even doing light weights, but do it in a way that you feel safe and you know you won't injure yourself. Also you will notice that you'll recover quickly the next day when you wake up. That's why you can use this to your advantage and work on your muscle groups 2x a week to maximize your gains. Usually I was working out like this: Chest/Triceps(Monday), Back/Biceps(Tuesday), Legs/Shoulders/Traps(Wednesday), Triceps/Chest(Thursday), Biceps/Back(Friday), Shoulders/Legs/Traps(Saturday) and Sunday is my day off. And I was working out my abs when I wake up in the morning immediately on an empty stomach for 20 minutes Mon - Sat. Exercises wise/sets I was doing the following: 8 exercises per main group and 4 exercises per "secondary group". Example: Chest 8 exercises/Triceps 4 exercises (Monday). 6-7 sets per exercise and repetition wise: 15,12,10,8,6,4,2. Usually on my very first exercise my first 2 sets are kinda like a warmup. My total gym session was 2 hours.

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Thank man I will keep these in mind when I think on my first cycle. Where I come from the most common 1st cycle compound is DBol. Idk its just the trend in this part of the world. My biggest gripe has been with acne as I already suffer gear-levels of acne in the back and delts for some reason.

How about hair loss?

Rezy - May 11, 2020, 10:08 pm

You really stacking your pct's hey.

Would you ever double your dosage? I remember when i was on sust i was doing 700mgs a week, Monday & thursday, worked like a beaut, but had crazy acne, all gone now luckily, treated it well.

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All I can say is that people that go for first cycle dianabol they are idiots and they are afraid of needles that's it. I know tons of people in the gym where I go that haven't moved from oral gear at all and they ended up damaging their kidneys and liver. Other reason why they like dianabol is because it's cheap. Like for \$50 you will have enough for 1 month of dianabol where with injectibles it's different story. Like I said I got no side effects at all. No hair loss whatsoever.

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That doesn't count that much, since it's for PCT. I was talking more about stacking like injectible with orals, like more harsh gear. I would never bump up my dosages at all. I would rather keep it safe and at this dosage it's perfect for me.

???????????? - May 11, 2020, 10:45 pm

(Apr 12, 2020 04:38 AM)humanbody Wrote: [\[CITE\]](#) I am not worried about it at all. Because I know what I am doing unlike some people where they abuse drug use for years and once they realize they are fully screwed they try to take HCG and later you see them ranting all over the internet how HCG does not help.

That's why the best is whenever you start the cycle, during the cycle you should start taking HCG so your nuts don't shrink and stimulate just enough. Been using steroids for 3 years (same cycle since the beginning, the one that is written above) and I am completely fine, 0 side effects.

This is usually the HCG protocol to follow.

1-7 week cycle - No HCG

8 week cycle - Week 3-8 250iu twice a week

12 week cycle - Week 3-12 250iu twice a week

16 week cycle - Week 3-8 250iu twice a week

Week 11-16 250iu twice a week

Fore more click [/2ybgUQ5\]here](#)

Is it just me or is the url infected?

humanbody - May 11, 2020, 10:51 pm

(May 11, 2020 10:45 PM)¢?n¢?? Wrote: [\[CITE\]](#) Is it just me or is the url infected?

I don't see anything wrong with the link. If you want me to, I can even copy & paste the text from there in here so you don't have to access the link.

???????????? - May 11, 2020, 10:52 pm

(May 11, 2020 10:51 PM)humanbody Wrote: [\[CITE\]](#) I don't see anything wrong with the link. If you want me to, I can even copy & paste the text from there in here so you don't have to access the link. Dunno how often vt fails but something got tagged as malware. Would be nice tho.

Rezy - May 11, 2020, 10:54 pm

(May 11, 2020 10:03 PM)Hansa Wrote: [\[CITE\]](#) Thank man I will keep these in mind when I think on my first cycle. Where I come from the most common 1st cycle compound is DBol. Idk its just the trend in this part of the world. My biggest gripe has been with acne as I already suffer gear-levels of acne in the back and delts for some reason. How about hair loss?

Suffer from same Acne has you before juice even, i didn't see any hair loss at all & i also did dbol first when i was 17, its dumb, Rather just do a straight test cycle, better results, less water.

humanbody - May 11, 2020, 11:00 pm

(May 11, 2020 10:52 PM)¢?n¢?? Wrote: [\[CITE\]](#) Dunno how often vt fails but something got tagged as malware.

Would be nice tho.

Yeah sure no problem. Here it is.

Spoiler ([Click to View](#)) For all steroid cycles that are longer than 7 weeks, it is recommended to use HCG during the cycle. A small dose of HCG will keep the testicles working as normal as HCG mimics LH and the presence of LH triggers the Leydig cells in the testicles to produce testosterone. If HCG is used, it is very easy to recover after a cycle. When HCG is used during the cycle then it shouldn't be used during PCT. It is also not recommended to use too much HCG as it can also desensitize your testicles the same way if you are not using HCG at all. It is very important to use just the right amount to cause the testicles to produce an identical amount of test as they normally would. Because if you use too little then you won't get any effect and if you use too much then desensitization and other side effects like gyno can occur.

Recommended amounts of HCG based on the cycle length:

1-7 week steroid cycle - No HCG

8 week steroid cycle - Week 3-8 250iu twice a week

12 week steroid cycle - Week 3-12 250iu twice a week

16 week steroid cycle - Week 3-8 250iu twice a week

Week 11-16 250iu twice a week

IF HCG was not used during the cycle it can be used in the last weeks of steroid cycle or during PCT this way:

1-7 week steroid cycle - No HCG

8-week steroid cycle - 1000iu's once a week for 2 weeks

12-week steroid cycle - 1000iu's once a week for 3 weeks

16-week steroid cycle - 1000iu's once a week for 3 weeks

I recommend using Aromatase Inhibitor while doing 1000iu injections to keep estrogen in control because the HCG causes much more testosterone to be produced and it lets more testosterone aromatize to estrogen. And also, HCG at this dose causes a small amount of estrogen to be produced.

If you use HCG during a cycle then it is necessary to stop using HCG 2 weeks before steroids leave your system. This allows your testicles to become sensitive to the natural LH signal from the pituitary

gland and lets you quickly recover after the steroids and HCG have cleared your system. That is the main reason why it's recommended to use HCG on cycle because it lets you start fast recovery the moment when PCT starts.

If you are not using HCG during the cycle then it's recommended to start it as soon as possible, preferably while still using steroids.

The least effective way to use HCG is after the cycle. Because, when using steroids your testicles stop producing testosterone because the brain doesn't release LH. When this happens, your testicles decrease in size and become desensitized to the LH when brain finally start releasing it. That's the cause why some people never recover after a long AAS cycle even though they use HCG, HMG, SERMS and other drugs. Because if testicles have been shut down for too long, they become permanently desensitised.

Deal - May 11, 2020, 11:04 pm

(Apr 11, 2020 08:26 AM)humanbody Wrote: [\[CITE\]](#) Well there's quite a few that are still taking. And most of them got screwed by the virus just like me so they either low dosages or stop taking and do PCT right away.

I am not sure what you mean by "post body", if it's a picture, I would rather not. I'll just drop my stats below.

Height: 6.4ft

Weight: 220

You don't necessarily have to go low dosages.

Get a dip bar, and get a pull up bar and look into real calisthenics.

You'll get a much nicer body than you would in the gym.

Two years ago I quit going to the gym after going since I was 15. (I'm 25 now) I then started Calisthenics and dude I'm never lifting a weight again.

Weight lifting is so fucking boring, there ain't nothing to it. Also when you're on juice you have a tendency to train what will give you the most pump. So your body will become asymmetrical. I used to neglect Abs training for one.

In Calisthenics you train your abs no matter what you do.

It's amazing.

BTW: In all my cycles I've never taken HCG during the cycle, always took it as PCT. But if possible it is always better to take it MCT indeed.

humanbody - May 11, 2020, 11:22 pm

(May 11, 2020 11:04 PM)Deal Wrote: [\[CITE\]](#) You don't necessarily have to go low dosages.

Get a dip bar, and get a pull up bar and look into real calisthenics.

You'll get a much nicer body than you would in the gym.

Two years ago I quit going to the gym after going since I was 15. (I'm 25 now) I then started Calisthenics and dude I'm never lifting a weight again.

Weight lifting is so fugging boring, there ain't nothing to it. Also when you're on juice you have a tendency to train what will give you the most pump. So your body will become asymmetrical. I used to neglect Abs training for one.

In Calisthenics you train your abs no matter what you do.

It's amazing.

BTW: In all my cycles I've never taken HCG during the cycle, always took it as PCT. But if possible it is always better to take it MCT indeed.

Everyone has it's own preference but I don't like calisthenics at all. It's not for me. Maybe for someone like you, and I don't mind at all, you know whatever works for you the best. I prefer this way. I train hard I do my cardio I do my abs and that's it. I don't have any asymmetrical issues at all, fixed that long time ago, I was always working on my muscle groups where they needed adjustments so overall my body looks great. And I am training abs pretty much every single day, except for Sundays. I used to compete for around 6 years so I know pretty much what I am doing ?. And I never aim for that "big look" where you can barely walk. I always do stretching and do different types of cardio and exercises to keep me flexible and not feel like a giant turd who can barely walk or even put on a shirt.

Driz - May 11, 2020, 11:50 pm

(May 11, 2020 10:54 PM)Rezy Wrote: [\[CITE\]](#) Suffer from same Acne has you before juice even, i didn't see any hair loss at all & i also did dbol first when i was 17, its dumb, Rather just do a straight test cycle, better results, less water.

I had one of my college seniors run dbol on his first cycle. He gave me a long ass speech as to why it was a terrible choice. He was holding a ton of water but strong as fuck lol. Regardless, price isnt a problem for me. Where I come from, you get pharma grade gear at dirt cheap prices. \$100 for a Winny Cycle with PCT included. \$10 for complete bloodwork & shit.

humanbody - May 11, 2020, 11:55 pm

(May 11, 2020 11:50 PM)Hansa Wrote: [\[CITE\]](#) I had one of my college seniors run dbol on his first cycle. He gave me a long ass speech as to why it was a terrible choice. He was holding a ton of water but strong as fugg lol. Regardless, price isnt a problem for me. Where I come from, you get pharma grade gear at dirt cheap prices. \$100 for a Winny Cycle with PCT included. \$10 for complete bloodwork & Clay Davis.

There you go. Dbol gives you tons of strength in short period of time but tons of water retention. Usually people take it as a preworkout or just as a kickstart of a cycle then they completely drop it off. But since all this stuff is cheap for you I would advice you to do 3x bloodworks, pre/mid cycle/after cycle, get test with pct and hcg and you are good to go. And don't be an idiot to re-use the needles ?

Rezy - May 12, 2020, 12:05 am

(May 11, 2020 11:50 PM)Hansa Wrote: [\[CITE\]](#) I had one of my college seniors run dbol on his first cycle. He gave me a long ass speech as to why it was a terrible choice. He was holding a ton of water but strong as fugg lol. Regardless, price isnt a problem for me. Where I come from, you get pharma grade gear at dirt cheap prices. \$100 for a Winny Cycle with PCT included. \$10 for complete bloodwork & Clay Davis.

where you from? I live in a country with also cheap gear but becareful of underground labs, tend to look for more reputable that cheap, Also what cycle you getting for \$100? is it just winstrol & what pct?

Driz - May 12, 2020, 12:37 am

(May 12, 2020 12:05 AM)Rezy Wrote: [\[CITE\]](#) where you from? I live in a country with also cheap gear but becareful of underground labs, tend to look for more reputable that cheap, Also what cycle you getting for \$100? is it just winstrol & what pct?

I'm Indian. There's no UGL here atleast for most gear, except I guess, and this is a complete guess, Tren. Gym culture here is pretty straightforward, you'll be peddled with drugs almost the moment you set foot in a Gym. If you're friends with the big guy, don't be surprised if the 4 - 5th convo goes into offering a 'mass gainer', barely anyone except competitors use the term 'steroids'. Most mass gainers are just cheap protein powders laced with dbol here.

I don't really remember the name of the med my trainer mentioned but he said it costs like Rs. 250, around \$4.

The problem is a Winstrol cycle + PCT is \$100, but so is Test E + PCT. If your gym guy gets you the stuff they take a cut so you end up paying more. You can walk into a pharmacy and get the same shit for less. Also, if you live in a small locality or something and you know the pharmacy guy, you don't have to worry about injections as they will do it for you, after charging a minimal amount.

Rezy - May 12, 2020, 12:43 am

(May 12, 2020 12:37 AM)Hansa Wrote: [\[CITE\]](#) I'm Indian. There's no UGL here atleast for most gear, except I guess, and this is a complete guess, Tren. Gym culture here is pretty straightforward, you'll be peddled with drugs almost the moment you set foot in a Gym. If you're friends with the big guy, don't be surprised if the 4 - 5th convo goes into offering a 'mass gainer', barely anyone except competitors use the term 'steroids'. Most mass gainers are just cheap protein powders laced with dbol here.

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You getting robbed for a winny cycle try look for cheaper if you're from India. I'm from South Africa, never been on winny's but i normally keep up to date on all prices incase i want to start cutting or whatever so i can budget.

this is what you can get for \$100 here;

2x UPA Testocyp (250mg x 10ml) - R310.00 x 2 = R620.00

2x UPA Dianabol (15mg x 50) - R180.00 x 2 = R360.00

1x UPA Letrozole (30 x 2.5mg) - R300.00

PCT:

1x HD HCG 5000iu - R310.00

1x LP Clomid (50mg x 15) - R140.00

1x LP Nolvadex (20mg x 30) -R140.00

Cycle & PCT price - R1870.00 excludes shipping

Driz - May 12, 2020, 12:59 am

(May 12, 2020 12:43 AM)Rezy Wrote: [\[CITE\]](#) You getting robbed for a winny cycle try look for cheaper if you're from India. I'm from South Africa, never been on winny's but i normally keep up to date on all prices incase i want to start cutting or whatever so i can budget.

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Cycle & PCT price - R1870.00 excludes shipping

Yeah my gym trainer takes a cut. Also, its like Rs 7000 ish here which translates to 92\$. This includes the prices of needles, syringes and the guy who will help me with the injection. I'd assume Nolvadex and Clomid are cheap here aswell, not sure about HCG though. Have you noticed any changes in your digestive system or so when on gear?

Bob White - May 12, 2020, 1:06 am

I have to say your cycle and pct is pretty much spot on, props for not being a broscience failure and learning about hcg and pct.

You are 1 in 100 who actually spend the time to learn about how to properly come on and off and repair your hormone production with a good pct.

Props to you bud.

humanbody - May 12, 2020, 4:11 am

(May 12, 2020 12:43 AM)Rezy Wrote: [\[CITE\]](#) You getting robbed for a winny cycle try look for cheaper if you're from India. I'm from South Africa, never been on winny's but i normally keep up to date on all prices incase i want to start cutting or whatever so i can budget.

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Cycle & PCT price - R1870.00 excludes shipping

God damn so cheap. My gear was from Euro-Pharmacies. I had ordered the following:

Test E 250mg/ml 10ml via x3 (\$36 each vial) = \$108

HCG (Eurigil) - 5000iu x3 (\$19.8 each vial) = \$59.4

Aromasin 20mg/tab - 50 tabs x1 = \$45

Tamoxifen 20mg/tab - 50 tabs x1 = \$22.5

Clomid 50mg/tab - 50 tabs x1 = \$36

Shipping = \$20

100 Alcohol swabs & 100x 21G needles (for drawing), 100x 23G needles (for injecting), 100x 2.5ml syringe, 100x 1ml insulin syringe with 27G fixed needle = \$50

Total = \$340.9

But this is legit gear, it's not some bunk gear, it's straight from lab. You get even the authentication codes to check on their website on each vial.

(May 12, 2020 12:59 AM)Hansa Wrote: [\[CITE\]](#) Yeah my gym trainer takes a cut. Also, its like Rs 7000 ish here which translates to 92\$. This includes the prices of needles, syringes and the guy who will help me with the injection. I'd assume Nolvadex and Clomid are cheap here aswell, not sure

about HCG though. Have you noticed any changes in your digestive system or so when on gear? I would never order from those guys. They do all kind of shenanigans with the gear. I never trust them.

(May 12, 2020 01:06 AM)GenericPlayer17 Wrote: [\[CITE\]](#) I have to say your cycle and pct is pretty much spot on, props for not being a broscience failure and learning about hcg and pct.

You are 1 in 100 who actually spend the time to learn about how to properly come on and off and repair your hormone production with a good pct.

Props to you bud.

Well I was researching for like 3 months. After my work I would research for 1 hour every single day before going to bed and decided not to rush before I learn everything. Also talked to a guy that I met online and told me about the PCT & HCG and blood work. And to never use AI based on how I feel but based on the blood results. Because if you mess up with your estrogen then you really gonna get screwed.

Shotta - May 12, 2020, 12:55 pm

(Apr 22, 2020 07:52 AM)humanbody Wrote: [\[CITE\]](#) At the age of 24 I went to the doctor to check whats wrong with me (I was feeling a bit tired than normal and didn't felt that I had that much strength compared to the guys at my age, usually after gym I was pretty much collapsed and my body needed a sleep of at least 14 hours in order to recover, this was all due to lower testosterone) and after some tests they found out that I have lower testosterone so they prescribed me testosterone.

And to clear the confusion. Steroids does not shrink your dick, only your balls (but if you use hcg, there will be only slight difference in terms of shrinking compared to if you don't use it. Hcg helps to stimulate your testicles) .

So here's what I do.

I do 2 cycles per year. Usually I start at January.

I take test e at 400mg per week for 12 weeks. Keep in mind that this is considered a "beginner dosage" between the gym bros. After my last pin i wait for 2 weeks for my test to clear a bit and then I go into post cycle therapy for 5 weeks. Thats total 19 weeks. Thats how much I rest from steroids after my cycle and then I do it again. Like I said 2 cycles per year and I've been doing this for quite awhile and everything is normal. No side effects no nothing. Blood is perfect, thyroid functions normally as before and this is all due to me using test in normal dosages and with taking all the protection which helps with recovery.

The most important thing is to do 3 bloodworks which only some people do. You do pre-cycle, to check how is your blood and everything else, then you do mid blood work (mostly it is done to determine how high is your estrogen and whether you need to take something to bring it down a bit, else you will get gyno) and last blood work is done 2 weeks after you finish your PCT to see how you've recovered.

The most important is to have your bodyfat low, preferably is to be lean before you start with a cycle else all the fat in your stomach or anywhere else will play big part of getting a gyno. Thats why it is a MUST, to be lean before hopping on a cycle. 10-12% is perfect but no more than that.

And to answer your question. Yes it is possible to take higher dosages for short period of time, lets say instead of 12 weeks you go for 8 weeks. But I dont recommend as chances of screwing yourself are higher and abusing at abnormal dosages will definitely have an impact on your body later down the road. But if you use at normal dosages and have sorted diet, for example like me, you can build good muscle.

Also I've seen people doing lower dosages but instead of 12 weeks they go for 16 weeks. Well, I can tell you that if you plan on not to have kids then go for this. Your body will take so long to recover it's just won't worth the length of the cycle to be extended this much.

But most important is your diet and sleep. Good diet + 8 hours of sleep = amazing results. If you haven't figure out how much calories you need and what type of food your body can digest faster, you better dont even think about taking steroids. Because you can still make good muscle even if you eat like Clay Davis but once you drop that testosterone you will lose everything. Thats why its important to play smart and thing long term, think about the future...

Like I said food and rest play big part of your steroid cycle. If I get to break them down it would be: 45% food, 45% rest, 10% steroids. This is what will have most impact on you. If you are on a good quality diet and forget about all the shitty food you can make so much progress and even when you drop the steroid cycle you can maintain most of what you've build. Its just that you will have less strength but still you can maintain your muscle very easy. You can have cheat meal from time to time but I wont recommend after you stop with the cycle to completely change your diet and start eating donuts, drink coke, eating chocolate and all kinds of junk food.

This is my opinion on it. A bit longer but worth reading.

You do not know what you are saying. No sane doctor will put a young man on TRT just because he doesn't recover well from the gym.

You aren't even on TRT, you are 'cycling' which is 10x worse for your body, including all the PCT breast cancer drugs. PCT does not even work, it is a myth.

You were probably not suffering from hypogonadism in the first place, just slept badly and had a bad diet and horrible lifestyle. Please post your complete blood work in this thread before you started pinning.

Don't fool yourself that you are taking "TRT", 400mg is abuse and far from TRT.

If you really want to do TRT right, get off steroid forums and join FB groups like the one with Danny Bossa and 'the lifting dermatologist' .

Pinning weekly is retarded as well.

Real TRT is small dosages subcutaneously DAILY, no more than 120mg a week, taking the ester weight into account.

I know exactly what I am talking about because I did the exact same thing as you.

I put myself on TRT for no reason at all at age 20 and stayed on for a few years. Thankfully I used HCG throughout and recovered after deciding to come off after 5 years.

Bob White - May 12, 2020, 1:08 pm

(May 12, 2020 12:55 PM)Shotta Wrote: [\[CITE\]](#) You do not know what you are saying. No sane doctor will put a young man on TRT just because he doesn't recover well from the gym.

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I know exactly what I am talking about because I did the exact same thing as you.

I put myself on TRT for no reason at all at age 20 and stayed on for a few years. Thankfully I used HCG throughout and recovered after deciding to come off after 5 years.

"real trt is sub q"

Not only sub q, but IM and topical, just depends on your desired method and your doctors advice.

"no sane doctor will put a young man on trt"

Also not true, I got diagnosed with low t in my late 20s (when most of you guys were like 5 years old) and have been on it since, and I've exogenously used and tested beyond trt for many, many years as well.

Just because you've blasted and cruised for a few years does not make you an expert. ???

funtela - May 12, 2020, 1:14 pm

(Apr 22, 2020 06:11 AM)humanbody Wrote: [\[CITE\]](#) Maybe because I have lower testosterone than every other normal human being. And with that being said instead of taking the recommended TRT dose, I take a bit higher dosage for shorter period of time. Some people take just to feel better or to build muscle, some take for shows etc ... But I do agree with you that taking steroids just to show off on the beach and to get girls is extremely stupid.

I feel like my testosterone took a hit after some pill abuse.

Squanchy - May 12, 2020, 1:16 pm

Im overweight and don't use steroids. Surprised people actually do that. Thought it was just a bs stereotype of body builders and something some athletes used to do in the 1900s.

Mullet Muscle - May 12, 2020, 9:07 pm

Nah it worked out, my PCT was during all this Covid stuff so I'll be back on pretty soon.

No reason to use it as an excuse to stop, work out at home..