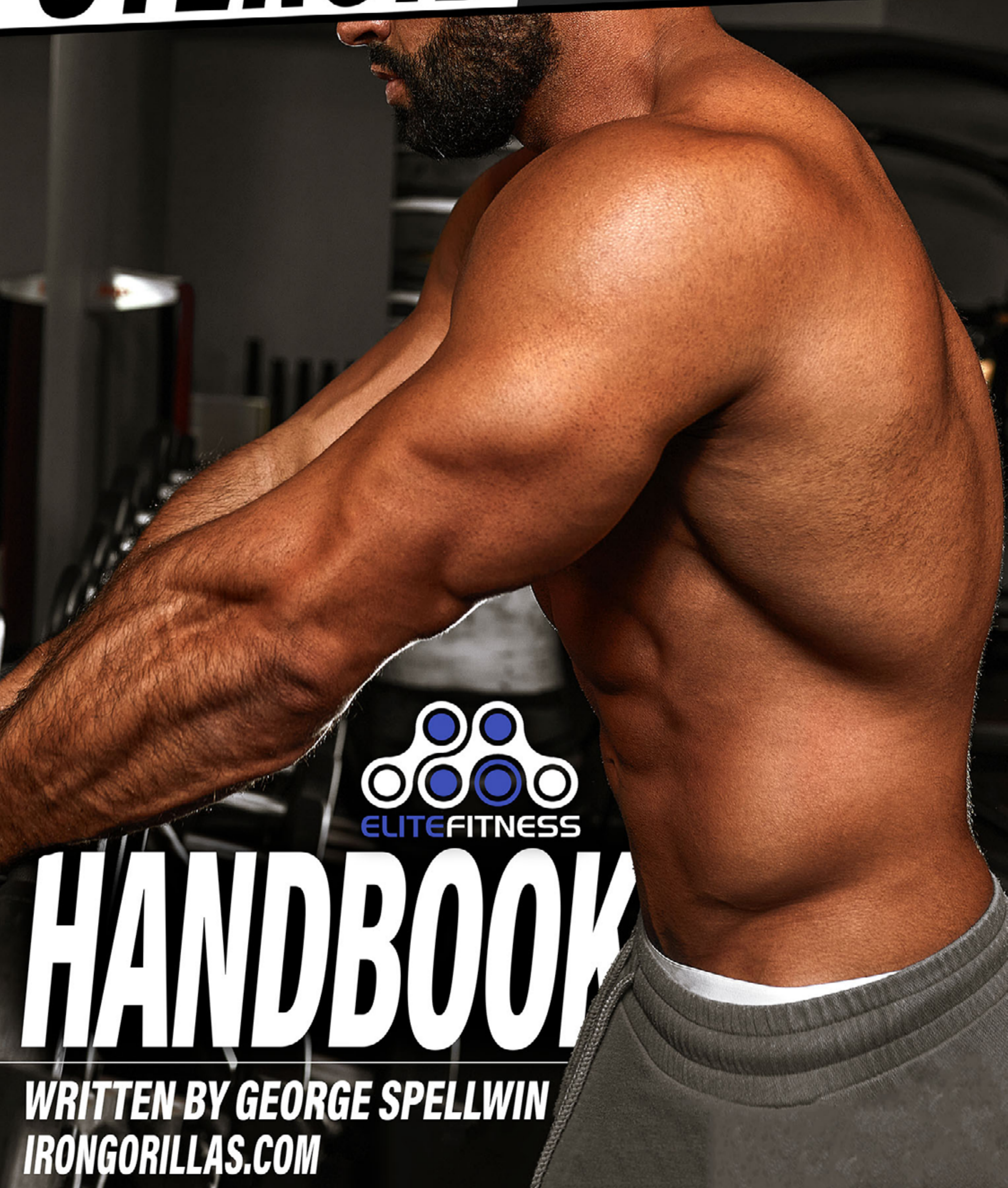


# **UNDERGROUND STEROID CYCLES**



# **HANDBOOK**

**WRITTEN BY GEORGE SPELLWIN**  
**IRONGORILLAS.COM**

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# DISCLAIMER

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## **Medical Disclaimer**

-The use of anabolic steroids can have serious health implications. It is strongly recommended that you consult with a qualified healthcare provider before starting any steroid cycle or regimen.

-The authors and publishers of this handbook do not advocate, promote, or encourage the use of illegal substances. The use of anabolic steroids should be legal in your country, and you should comply with all applicable laws and regulations.

## **Risk Acknowledgement**

-Readers should be aware of the potential risks and side effects associated with steroid use, including but not limited to hormonal imbalances, liver toxicity, cardiovascular issues, and psychological effects.

-The authors and publishers are not responsible for any adverse effects or consequences resulting from the use of the information presented in this handbook.

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- By reading this handbook, you acknowledge and agree that any decisions you make based on the information provided are at your own risk. The authors and publishers shall not be held liable for any damages, losses, or injuries that may occur

from following the advice or information contained herein.

## **Accuracy of Information**

- While every effort has been made to ensure the accuracy and completeness of the information in this handbook, the authors and publishers make no guarantees regarding the results you may experience. The information is subject to change as new research and data become available.

## **Intended Audience**

-This handbook is intended for adult readers who are legally permitted to access and use information about anabolic steroids. It is not intended for individuals under the age of 18 or those who are not legally allowed to use such substances.

By proceeding with this handbook, you agree to the terms and conditions stated in this disclaimer.

# 1. WHY YOU SHOULD CYCLE STEROIDS

Using anabolic steroids in “cycles” is a fundamental practice among bodybuilders and athletes to maximize the benefits while minimizing the potential adverse effects.

The idea behind steroid cycles is that you use the steroids for a predetermined period of time, usually 8 to 12 weeks. Then, you use some drugs and supplements after the cycle (post-cycle therapy) to increase your natural testosterone production so that you can easily maintain the gains you have made from the steroid use. Then, you should have a period where you are off all of the drugs and maintain using a natural testosterone booster like HCGenerate. This whole plan I just described is what we refer to as a “steroid cycle”.

In this section, we take an in-depth look at the reasons behind cycling steroids:

## **Optimizing Gains and Performance**

**Muscle Growth and Strength:** Cycling steroids allow users to optimize muscle growth and strength gains. Steroids like testosterone, Dianabol, and Deca-Durabolin are potent in enhancing muscle mass and strength, but they will lose their effectiveness over long continued use. Individuals can achieve significant muscle gains in a relatively short period of time by using these compounds in a structured cycle.

**Plateau Avoidance:** Continuous use of steroids can lead to a plateau effect where the body no longer responds to the drugs. Cycling helps to mitigate this by alternating between periods of use and rest, allowing the body to reset and respond effectively to subsequent cycles. This “off” period is crucial for normalizing your androgen receptors.

# 1. WHY YOU SHOULD CYCLE STEROIDS

## Minimizing Side Effects

**Hormonal Balance:** Steroids can disrupt the body's natural hormone production, leading to side effects such as gynecomastia (breast tissue development in men), testicular atrophy, and changes in libido. By cycling, users give their endocrine system time to recover and return to normal function, reducing the risk of long-term hormonal imbalances.

**Liver Health:** Oral steroids are hepatotoxic, meaning they can cause liver damage with prolonged use. Cycling reduces the duration of exposure, thereby mitigating the risk of liver toxicity. Liver support supplements are often used during cycles to further protect liver health. Even with proper liver support, you should limit your use of oral steroids to under six weeks of use in any one cycle.

**Cardiovascular Health:** Steroids will usually negatively impact cholesterol levels, increasing the risk of cardiovascular diseases. Cycling allows periods of rest where the user can focus on restoring healthy cholesterol levels and reducing cardiovascular strain.

## Sports and Health

**Regulatory Compliance:** In most sports, the use of anabolic steroids is regulated. Cycling, especially with shorter esters and base hormones, can help users stay undetected and minimize the chances of being caught.

**Medical Supervision:** During the off-periods, users can schedule regular health check-ups to monitor their overall health, including blood tests for liver function, cholesterol levels, and hormonal balance. The time when you are "off" the steroids is when you are able to get a real baseline for your blood marker levels since testing during the cycle will always produce high liver enzymes and cholesterol, along with other

## 1. WHY YOU SHOULD CYCLE STEROIDS

markers out of range; these should all normalize after PCT. This proactive approach helps in early detection and management of potential health issues.

### **Psychological Well-being**

**Mental Health:** Continuous steroid use can lead to psychological dependence on the feeling of being “on” to the point where some users don’t even like working out when not on steroids. Depression and loss of libido when not on steroids are also part of the symptoms of a psychological dependency. Cycling helps to prevent these mental health issues by reducing the overall exposure to high steroid levels and allowing the body and mind time to stabilize. There are many stories of bros getting divorced while on cycle due to their short temper and constant desire to stray, which is pretty common with high testosterone levels.

My last word of advice on mental health for steroid users is this: I think that it is all about self-control. Self-control is not using too much for too long and self-control over your actions and emotions when you are on steroids.

### **Enhanced Recovery and Maintenance**

**Post-Cycle Therapy (PCT):** A crucial part of the steroid cycle plan is finishing up with post-cycle therapy (PCT). PCT involves the use of compounds such as SERMs (Selective Estrogen Receptor Modulators) and AIs (Aromatase Inhibitors) and supplements (HCGenerate and N2Guard) to help restore natural testosterone production and prevent estrogenic side effects after the cycle. This process is essential for maintaining the gains achieved during the cycle and ensuring long-term health.

**Recovery Time:** Cycling provides necessary recovery time for the body, allowing it to repair and rebuild tissues. This period

# 1. WHY YOU SHOULD CYCLE STEROIDS

is critical for preventing injuries and maintaining overall health and performance levels.

Using steroids in cycles is a strategic approach that maximizes the benefits of anabolic steroids while minimizing the risks and side effects associated with their use. By adhering to a well-planned cycle, including proper dosages, durations, and post-cycle therapy, individuals can achieve their fitness goals safely and effectively. Always consult with a healthcare professional before starting any steroid cycle to ensure it is tailored to your specific needs and health conditions.



## 2. BEFORE YOU PLAN YOUR STEROID CYCLE

Steroid cycling is not merely a method to optimize performance gains; it is an essential practice that ensures the safe and effective use of anabolic steroids. Proper cycling encompasses the correct dosage, duration, combination, and post-cycle therapy (PCT). Understanding and adhering to these principles can significantly enhance benefits while minimizing potential health risks.

Here's a detailed examination of the important factors to consider when planning a steroid cycle:

### **Get Baseline Blood Work Before Cycle Starts**

Before starting a steroid cycle, it is crucial to get baseline blood work to understand your current health status and hormone levels. This initial assessment allows you to identify any pre-existing conditions that could be exacerbated by steroid use. Additionally, having a baseline provides a reference point to measure changes and identify any adverse effects during and after the cycle. Monitoring your blood levels helps in making informed decisions about dosages and the necessity of adjusting the cycle to maintain health and safety.

### **Get a Full Physical**

A comprehensive physical examination is essential to ensure you are healthy enough to handle the stress that a steroid cycle will place on your body. This exam should include cardiovascular health, liver function, kidney function, and overall fitness. The physical will help identify any underlying health issues that steroids could worsen, such as hypertension or liver abnormalities. Ensuring you are in optimal health before starting a cycle can prevent serious health complications and enhance the effectiveness of the cycle.

## 2. BEFORE YOU PLAN YOUR STEROID CYCLE

### **Ensure Good Daily Habits and Training Consistency**

Steroid cycles are most effective when paired with consistent training and healthy daily habits. If your workout routine, diet, and sleep patterns are not well-established, the steroids may not produce the desired results. It's important to commit to a disciplined lifestyle that includes regular exercise, balanced nutrition, and adequate rest. This commitment ensures that you can maximize the benefits of the steroids and achieve significant gains in muscle mass and strength without unnecessary waste of time and resources.

### **Have All Compounds and PCT Protocol Ready**

Before beginning your cycle, make sure you have all the necessary steroids and PCT compounds on hand. Ordering everything at once ensures that you won't be caught off-guard by delays in shipping or availability issues. This preparedness is crucial for maintaining the continuity of your cycle and avoiding interruptions that could compromise your progress and recovery. Having your PCT ready is especially important as it helps to restore your body's natural hormone production and mitigate side effects once the cycle ends.

### **Join a Steroid Forum Community**

Joining a steroid forum community provides access to a wealth of knowledge and support from experienced users. Logging your progress and sharing experiences can keep you accountable and provide valuable feedback. Engaging with a community allows you to learn from others' successes and mistakes, gain insights into effective practices, and receive moral support. This network can be instrumental in guiding you through the complexities of steroid use and helping you make informed decisions.

### **Get Blood Work Done 4 Weeks After PCT**

Four weeks after completing your PCT, it is essential to get blood work done to assess how your body is recovering. This follow-up

## 2. BEFORE YOU PLAN YOUR STEROID CYCLE

helps you understand whether your hormone levels have returned to normal and if any adjustments are needed for future cycles. Monitoring your recovery ensures that you are not experiencing prolonged suppression of natural testosterone production or other adverse effects, which can have long-term health implications.

### **Be Aware of the Mental Effects**

As we covered earlier in this book, Steroids can significantly impact your mental state due to elevated hormone levels. It's important to be mindful of these changes and maintain self-control. Increased aggression, irritability, and mood swings are common side effects. Understanding that these feelings are steroid-induced can help you manage your behavior and avoid conflicts. Maintaining your principles and staying true to your values, despite how you may feel day-to-day, is crucial for long-term mental and emotional well-being.

### **Treat This as a Marathon, Not a Sprint**

Steroid use should be viewed as a long-term commitment rather than a quick fix. Sustainable transformation takes time, and rushing the process can lead to health risks and suboptimal results. Planning for gradual progress and setting realistic goals can help maintain motivation and ensure that you are using steroids responsibly. Recognize that building a strong, healthy physique is a journey that requires patience, discipline, and continuous effort.

Proper cycling of anabolic steroids is critical for achieving optimal results while minimizing health risks. By following structured cycles, committing to healthy habits, and engaging with a supportive community, users can maximize the benefits of steroid use safely and effectively. Always consult with a healthcare professional before beginning any steroid cycle to ensure it is tailored to your specific needs and health conditions.



# 3. STRUCTURING STEROID CYCLES

Structuring steroid cycles is an essential aspect of anabolic steroid use, ensuring that users maximize benefits while minimizing potential health risks. Properly designed cycles take into account the user's goals, experience level, and the specific properties of each steroid. Here's a detailed guide on how to structure effective steroid cycles:

## Determining Goals

### Bulking vs. Cutting

**-Bulking Cycles:** Focused on gaining muscle mass and strength. Common steroids used include testosterone, Dianabol, and Deca-Durabolin, to name a few.

**-Cutting Cycles:** Aimed at preserving lean muscle while reducing body fat. Steroids like Winstrol, Anavar, and Masteron are popular choices.

### Performance Enhancement:

-Some cycles are specifically structured to enhance athletic performance, focusing on increasing endurance, speed, and recovery these may include drugs like Equipose and SARMS like Cardarine.

**NOTE:** Find all of the information about all of the Anabolic Steroids, Peptides and SARMS available today by visiting [IronGorillas.com](http://IronGorillas.com) and downloading our free eBook featuring every one of these steroid profiles.

## 3. STRUCTURING STEROID CYCLES

### Experience Level

#### Beginner Cycles:

**-Duration:** Typically 8-12 weeks.

**-Compounds:** Often start with a single compound, such as testosterone or Anavar, to assess tolerance and response. Dosages are kept moderate to minimize side effects.

#### Example:

-Weeks 1-8: Testosterone Enanthate or Cypionate at 300-500 mg per week

-Weeks 1-4: Anavar Tablets at 40-60 mg per day, in split doses every 6-8 hours.

#### Intermediate Cycles:

**-Duration:** 10-14 weeks.

**-Compounds:** Introduce additional steroids like Deca-Durabolin or Dianabol, creating a stack to enhance results.

#### Example:

- Weeks 1-12: Testosterone Enanthate 500 mg per week

- Weeks 1-10: Deca-Durabolin 400 mg per week

- Optional kick-start with Dianabol 30 mg per day for the first 4-6 weeks.

#### Advanced Cycles:

**-Duration:** 12-16 weeks or longer.

**-Compounds:** Use multiple compounds with higher dosages. Advanced users often include Trenbolone, Masteron, or other potent steroids.

#### Example:

- Weeks 1-16: Testosterone Enanthate 750 mg per week

- Weeks 1-12: Trenbolone Enanthate 400 mg per week

- Weeks 1-8: Anadrol 50 mg per day.

## 3. STRUCTURING STEROID CYCLES

### Cycle Components

**Base Compound:** When it comes to your steroid cycle, your base compound is the one that you use the highest effective dosage of and expect to get the most effects from.

-Testosterone is often used as the base due to its effectiveness and the body's natural familiarity with it. It supports overall well-being and counters the suppression caused by other steroids.

-Winstrol is great base compound for a precompetition cycle since it will help the user flush out water and achieve a paper thin skin before stepping on stage.

### Add-On Compounds:

-Additional steroids, peptides, and/or SARMS are selected based on the cycle's goals. For instance, Deca-Durabolin is used for joint support in bulking, and Anavar is used to preserve muscle during a cut.

### Oral vs. Injectable:

-Oral steroids like Dianabol and Anavar are effective but hepatotoxic, so their use is usually limited to the first 4-6 weeks of a cycle.

-Injectable steroids like Testosterone and Deca-Durabolin are used throughout the cycle and are less harmful to the liver. Injectables can be used for prolonged periods of time. The 14-18 week range is the maximum for any amateur bodybuilder.

**NOTE:** Some men diagnosed with low testosterone may be prescribed a low dosage of pharmaceutical-grade testosterone and might continue to take it for their lifetime, this is done under doctors' supervision.

## 3. STRUCTURING STEROID CYCLES

### Dosage and Cycle Length

#### Cycle Length:

- Beginners:** 8-12 weeks to monitor response and side effects.
- Intermediate:** 10-14 weeks for balanced gains and manageable side effects.
- Advanced:** 12-16 weeks, with careful monitoring and potentially longer recovery periods.

**NOTE:** Oral Only Cycles: 4-6 weeks in length regardless of your experience level. Your liver will be significantly impacted by toxicity the longer you use oral steroids. Always use N2Guard whenever you are using oral steroids to help detox your liver.

#### Steroid Dosage

When it comes to dosages, you should start off on the lower end of the spectrum when you are new to steroid use, then gradually raise dosages with subsequent cycles as you make more and more progress. There is no need to go super heavy on your first cycle, but also be aware that as you get bigger and more muscular, it will take a higher dosage to put on more pounds.

#### Dosage Recommendation:

- Beginners:** 250 - 500 mg of total steroid dosage per week.
- Intermediate:** 500 - 1,000 mg of total steroid dosage per week.
- Advanced:** 1,000 - 2,000 mg of total steroid dosage per week.
- Professional Competitor:** unknown - could be as high as 5,000mg per week of just steroid along with other added compounds for specific purposes. These guys have competition coaches they consult with and help monitor their progress.

**NOTE:** Your body now naturally only makes about 7-14 mg of testosterone per day, so adding something like 10mg of an oral steroid per day is already doubling your natural levels.

## 3. STRUCTURING STEROID CYCLES

### Post-Cycle Therapy (PCT)

#### Purpose:

-PCT is critical for restoring natural testosterone production and mitigating side effects post-cycle. It usually starts the same day as your last shot of steroids and should continue for 4 to 8 weeks depending on your needs.

**NOTE:** Some online gurus suggest you wait up to two weeks to start PCT if you are using long-lasting esters like Equipoise and Deca to give time for the steroid to clear the body before adding the recovery drugs. I don't believe in this method, and I suggest you start PCT right away on the last day of your shot and extend the PCT out for two weeks or longer if you are using long ester compounds.

#### Common PCT Drugs and Supplements:

- Clomid (Clomiphene): 50-100 mg per day
- Nolvadex (Tamoxifen): 20-40 mg per day
- Aromasin (Exemestane): 6 - 12 mg per day
- HCGenerate: 5 caps per day
- N2Guard: 5 caps per day

Structuring steroid cycles involves careful planning to align with the user's goals, experience, and the specific properties of the steroids used. By understanding the importance of dosage, duration, and the combination of compounds, users can maximize their gains while minimizing health risks. Always consult with a healthcare professional before starting any steroid cycle to ensure it is safe and effective for your individual needs.



# 4. STEROID CYCLES INTRO

This section is essential if you want to understand how to navigate the following sections where we provide detailed steroid cycles. Note that we will not discuss potential side effects or their management here; for that information, please refer to the section titled 'Cycle Adjustments and Troubleshooting', which addresses various side effects and their remedies.

Additionally, this section does not cover individual steroid profiles. For detailed profiles, consult our other eBooks available on [irongorillas.com](http://irongorillas.com) if you are looking for information on specific steroids.

In this section, I, George Spellwin, will present what I consider the best steroid cycles for different experience levels and purposes. Remember, this section focuses solely on steroid cycles. While you can integrate SARMs and Peptides into these cycles, they are not included here. A future book may cover such comprehensive cycles.



## 4. STEROID CYCLES INTRO

### **A few notes to keep in mind:**

1. Any oral steroid listed here is taken in two doses per day. For example, a Dianabol cycle of 40mg per day would be split into a dose every 12 hours, as shown in the charts. While you can split your doses into 3-4 per day, these charts use 12-hour splits.
2. The main testosterone versions used here are Testosterone Enanthate and Testosterone Propionate, as they are the most accessible and user-friendly.
3. Anti-estrogens or other drugs are not included with the aromatizing agents since their required levels vary from person to person. It's best to add these as needed and consult trusted online steroid forums for more information on these compounds.

In this section you'll also find charts illustrating the release arcs of each steroid, showing how their concentrations diminish over time. These are included to give you insight into how the different steroids behave in your body as they reach their half-lives.

# 5. BEGINNER STEROID CYCLES

A close-up photograph of a person's muscular torso, showing the pectoral and abdominal muscles, set against a dark background.

Starting your steroid journey can be intimidating, but it doesn't have to be. In the Beginner Steroid Cycles section, we'll lay a solid foundation by introducing you to basic cycles that prioritize safety and side-effect manageability. You'll learn about well-tolerated compounds, appropriate dosages, and cycle lengths, ensuring you can achieve impressive gains while keeping side effects at bay.

## Beginner Steroid Cycles

1. Testosterone Enanthate Bulking Cycle.
2. Dianabol Bulking Cycle.
3. Anavar (Oxandrolone) Cutting Cycle.
4. Masteron Enanthate Cutting Cycle.

## 5. BEGINNER STEROID CYCLES

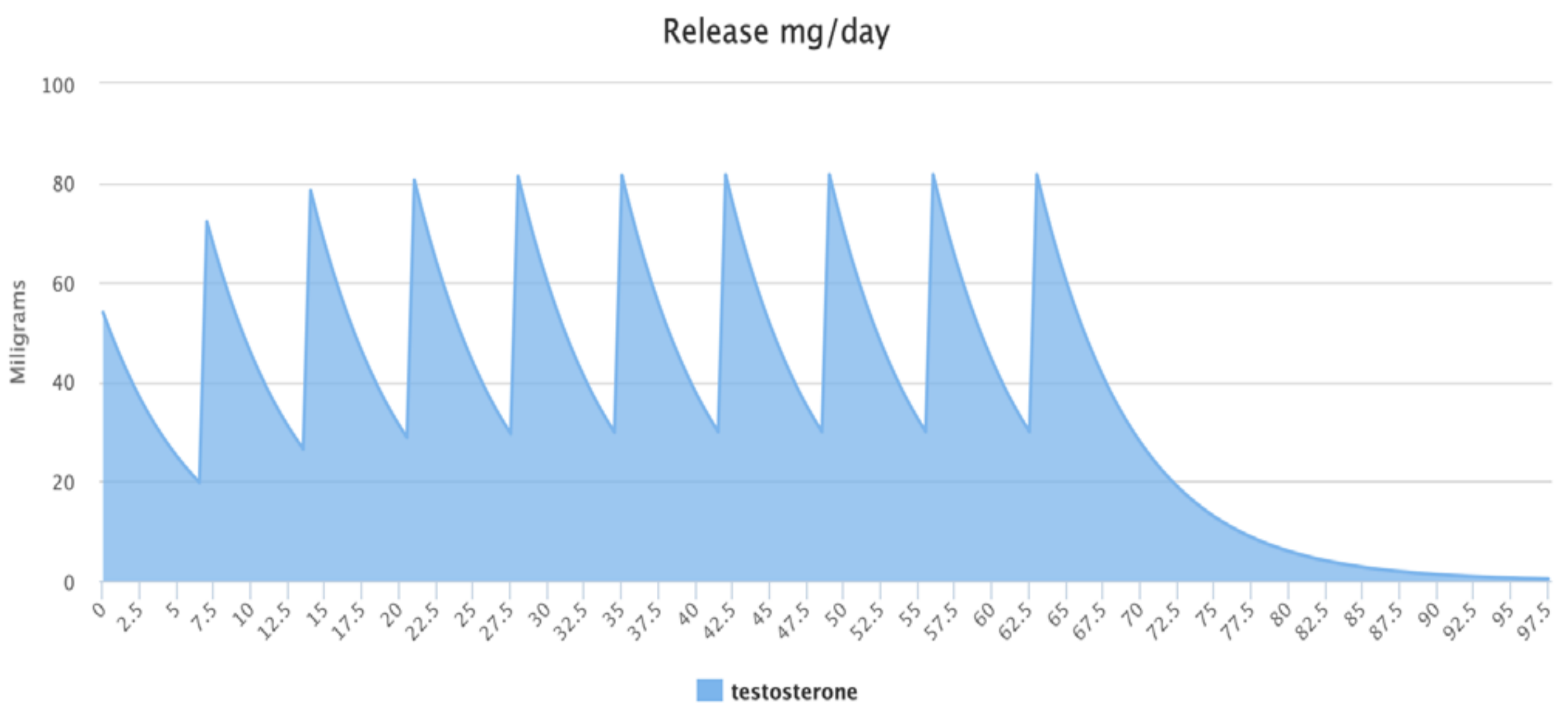
### Beginner Bulking Cycles

#### 1. Testosterone Enanthate Only Cycle:

This is a classic testosterone-only cycle with a very predictable side-effect profile. You could argue that 250mg is enough for a beginner, but in my opinion, 500mg is the sweet spot to see some fast results with minimal side effects.

**Duration:** 10 weeks

**Dosage:** 500 mg per week



#### PCT:

**Duration:** 6 weeks, starting the same day of your last shot

#### Dosage:

- Nolvadex (Tamoxifen) 20 mg per day
- Clomid (Clomiphene) 50mg per day
- HCGenerate (N2Generate) 5 caps per day

# 5. BEGINNER STEROID CYCLES

Week	Supplement
1	Testosterone Enanthate 500mg/week
2	Testosterone Enanthate 500mg/week
3	Testosterone Enanthate 500mg/week
4	Testosterone Enanthate 500mg/week
5	Testosterone Enanthate 500mg/week
6	Testosterone Enanthate 500mg/week
7	Testosterone Enanthate 500mg/week
8	Testosterone Enanthate 500mg/week
9	Testosterone Enanthate 500mg/week
10	Testosterone Enanthate 500mg/week
11	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
12	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
15	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
16	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day

## 5. BEGINNER STEROID CYCLES

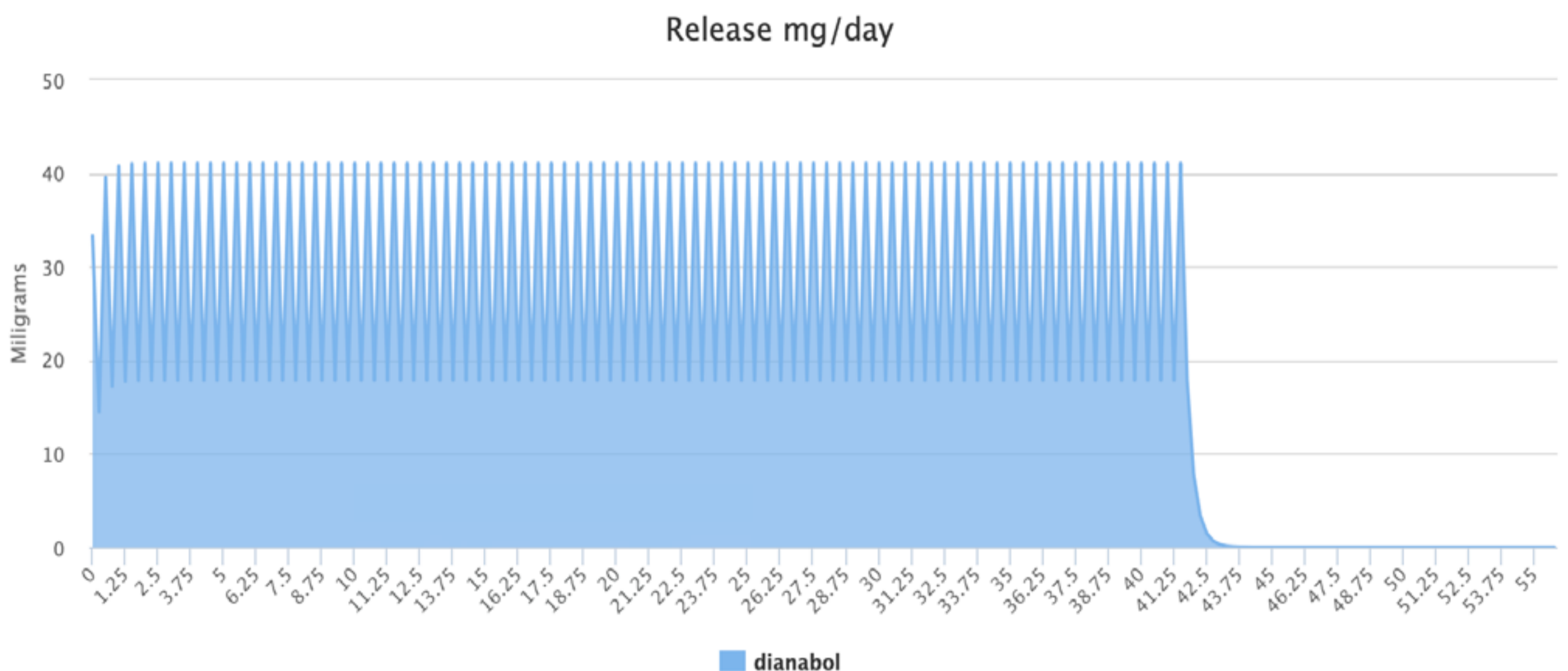
### Beginner Bulking Cycles

#### 2. Dianabol Only Cycle:

This is a classic bulking cycle for a newbie. It uses only 20mg of Dianabol per day, which is plenty for someone on their first cycle using Dianabol trying to figure out how their body will respond to that compound.

**Duration:** 6 weeks

**Dosage:** 20 mg every day



#### PCT:

**Duration:** 4 weeks, starting the same day of your dose

#### Dosage:

- Nolvadex (Tamoxifen) 20 mg per day
- Clomid (Clomiphene) 50mg per day
- HCGenerate (N2Generate) 5 caps per day
- N2Guard 7 caps per day (through the whole cycle and PCT)

# 5. BEGINNER STEROID CYCLES

Week	Supplements
1	Dianabol 20mg/day + N2Guard 7 caps/day
2	Dianabol 20mg/day + N2Guard 7 caps/day
3	Dianabol 20mg/day + N2Guard 7 caps/day
4	Dianabol 20mg/day + N2Guard 7 caps/day
5	Dianabol 20mg/day + N2Guard 7 caps/day
6	Dianabol 20mg/day + N2Guard 7 caps/day
7	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
8	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
9	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
10	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day

## 5. BEGINNER STEROID CYCLES

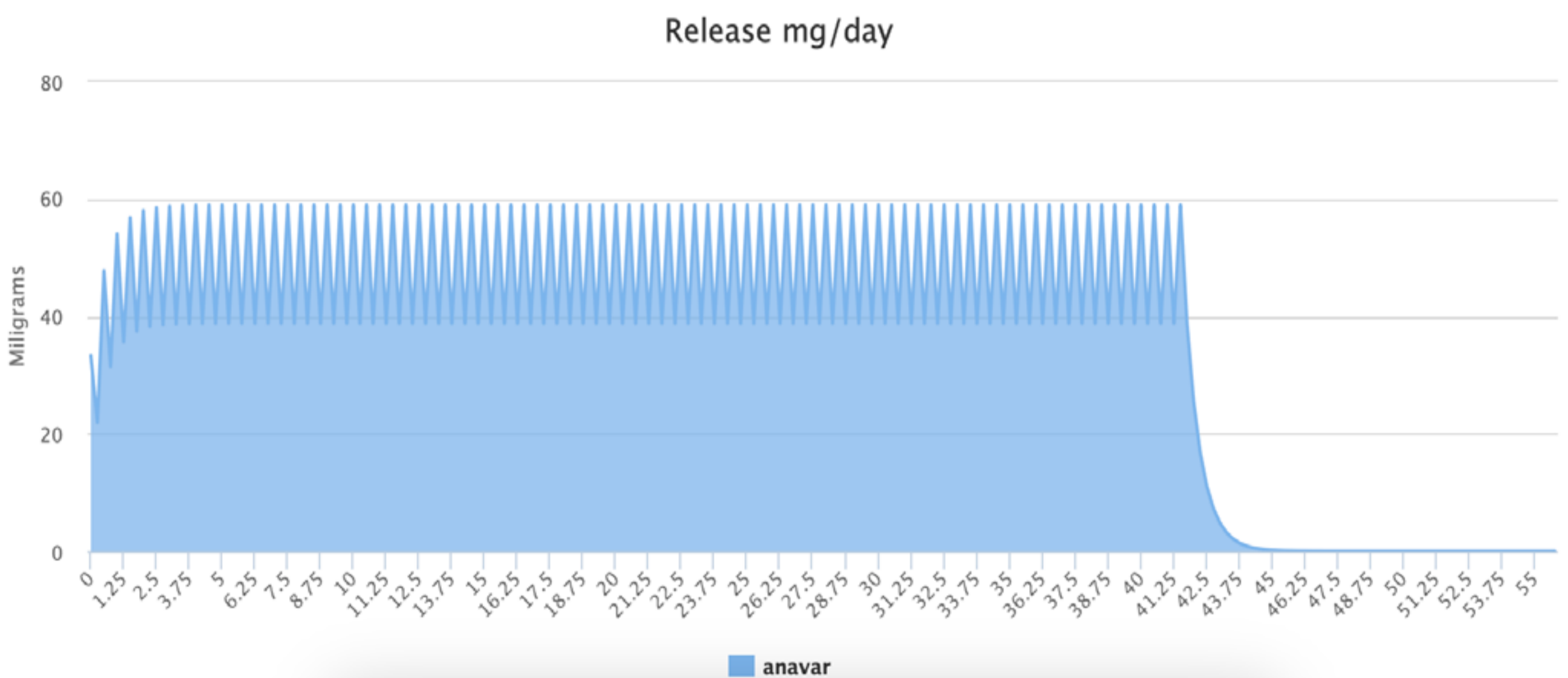
### Beginner Cutting Cycles

#### 3. Anavar (Oxandrolone) Only Cycle:

Anavar is one of the safest steroids ever invented and so has become very popular with beginners looking for a safe oral steroid they can try on their first or second cycle. Anavar has very little to no side-effects when used in moderate dosages.

**Duration:** 6 weeks

**Dosage:** 40 mg per day



#### PCT:

**Duration:** 4 weeks, starting the same day of your last dose

#### Dosage:

- Nolvadex (Tamoxifen) 20 mg per day
- Clomid (Clomiphene) 50mg per day
- HCGenerate (N2Generate) 5 caps per day
- N2Guard 7 caps per day (through the whole cycle and PCT)



# 5. BEGINNER STEROID CYCLES

Week	Supplement
1	Anavar 40mg/day + N2Guard 7 caps/day
2	Anavar 40mg/day + N2Guard 7 caps/day
3	Anavar 40mg/day + N2Guard 7 caps/day
4	Anavar 40mg/day + N2Guard 7 caps/day
5	Anavar 40mg/day + N2Guard 7 caps/day
6	Anavar 40mg/day + N2Guard 7 caps/day
7	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
8	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
9	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
10	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day

## 5. BEGINNER STEROID CYCLES

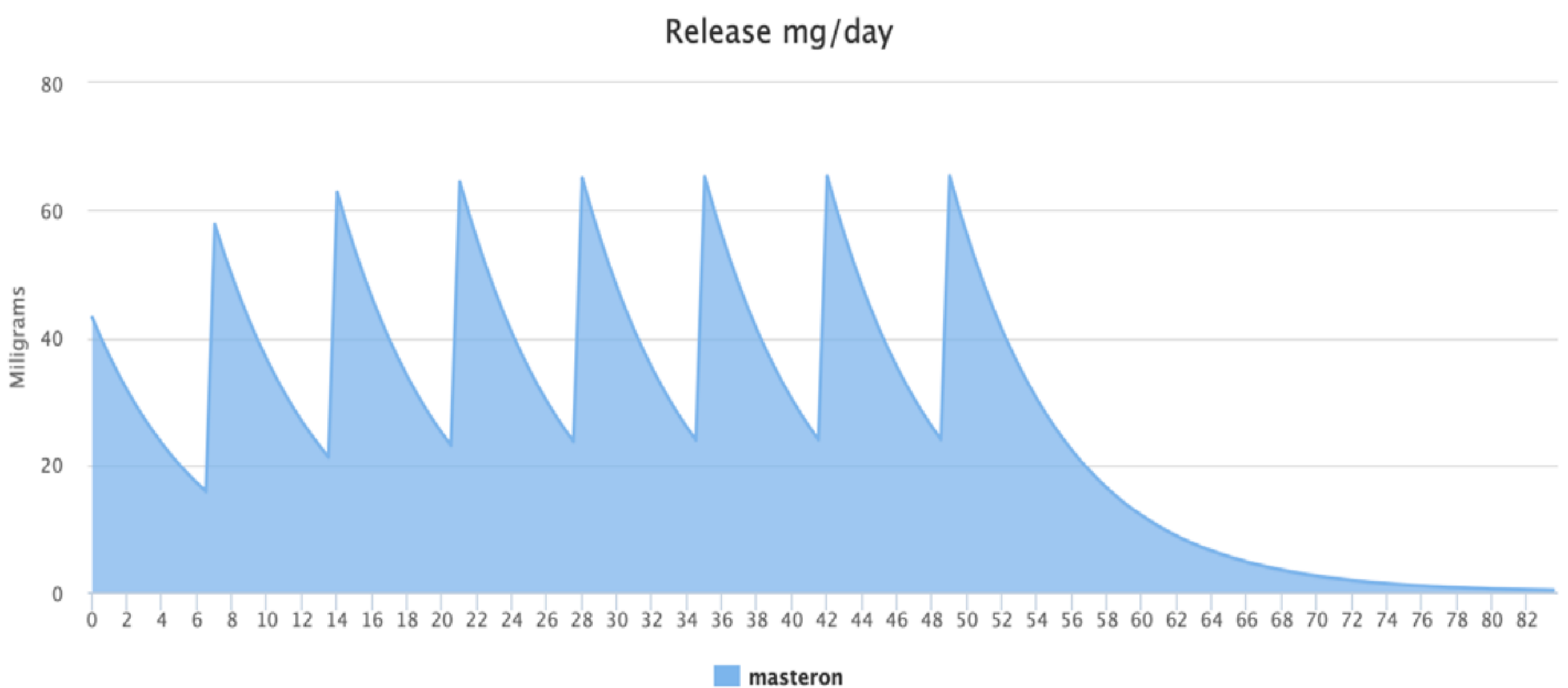
### Beginner Cutting Cycles

#### 4. Masteron Enanthate Only Cycle:

This is another classic cycle from the 1970's, the preferred beach-body of the era. Masteron has very little side-effects, and the effects on your physique will be very profound.

**Duration:** 8 weeks

**Dosage:** 400 mg per week @ 200 mg twice per week



#### PCT:

**Duration:** 6 weeks, starting the same day of your last shot

#### Dosage:

- Nolvadex (Tamoxifen) 20 mg per day
- Clomid (Clomiphene) 50mg per day
- HCGenerate (N2Generate) 5 caps per day

# 5. BEGINNER STEROID CYCLES

Week	Supplement
1	Masteron Enanthate 400mg/week
2	Masteron Enanthate 400mg/week
3	Masteron Enanthate 400mg/week
4	Masteron Enanthate 400mg/week
5	Masteron Enanthate 400mg/week
6	Masteron Enanthate 400mg/week
7	Masteron Enanthate 400mg/week
8	Masteron Enanthate 400mg/week
9	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
10	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
11	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
12	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day

# 6. INTERMEDIATE STEROID CYCLES



If you've completed your beginner cycles and want more, the Intermediate Steroid Cycles section is where your journey should take you next. Here, we delve into more potent compounds and the art of stacking—combining different steroids to maximize results. We'll guide you through optimizing your cycles for muscle growth and performance, while managing side effects and tailoring your approach to your specific goals.

## Intermediate Steroid Cycles

1. Testosterone Enanthate and Deca-Durabolin Cycle.
2. Testosterone Enanthate and Dianabol Cycle.
3. Testosterone Propionate and Winstrol Cycle.
4. Anavar and Masteron Enanthate Cycle.

## 6. INTERMEDIATE STEROID CYCLES

### Intermediate Bulking Cycles

#### 1. Testosterone Enanthate and Deca-Durabolin Cycle:

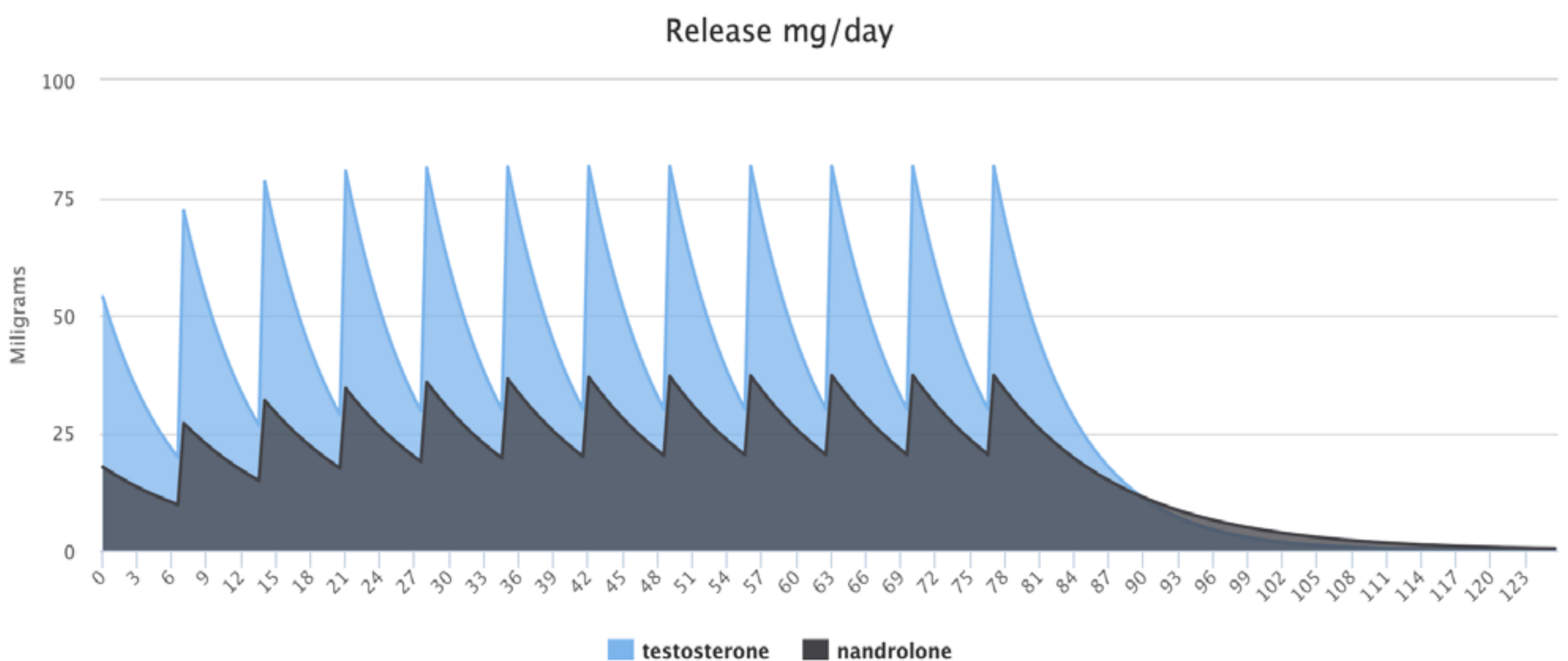
The Testosterone Enanthate and Deca-Durabolin (Nandrolone Decanoate) cycle is a classic bulking cycle known for its powerful muscle-building potential. Testosterone Enanthate, a medium-acting testosterone ester, provides a stable release of the hormone, promoting significant gains in muscle mass, strength, and overall performance. Deca-Durabolin complements this by enhancing protein synthesis and nitrogen retention, which are crucial for muscle growth.

**Duration:** 12 weeks

**Dosage:**

-Testosterone Enanthate: 500 mg per week

-Deca-Durabolin: 300 mg per week



**PCT:**

**Duration:** 8 weeks, starting the same day of your last shot

**Dosage:**

-Nolvadex (Tamoxifen) 20 mg per day

-Clomid (Clomiphene) 50mg per day

-HCGenerate (N2Generate) 5 caps per day

## 6. INTERMEDIATE STEROID CYCLES

Week	Supplement
1	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
2	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
3	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
4	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
5	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
6	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
7	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
8	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
9	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
10	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
11	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
12	Testosterone Enanthate 500mg/wk + Deca-Durabolin 300mg/wk
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
15	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
16	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
17	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
18	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
19	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
20	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day

## 6. INTERMEDIATE STEROID CYCLES

### Intermediate Bulking Cycles

#### 2. Testosterone Enanthate and Dianabol Cycle:

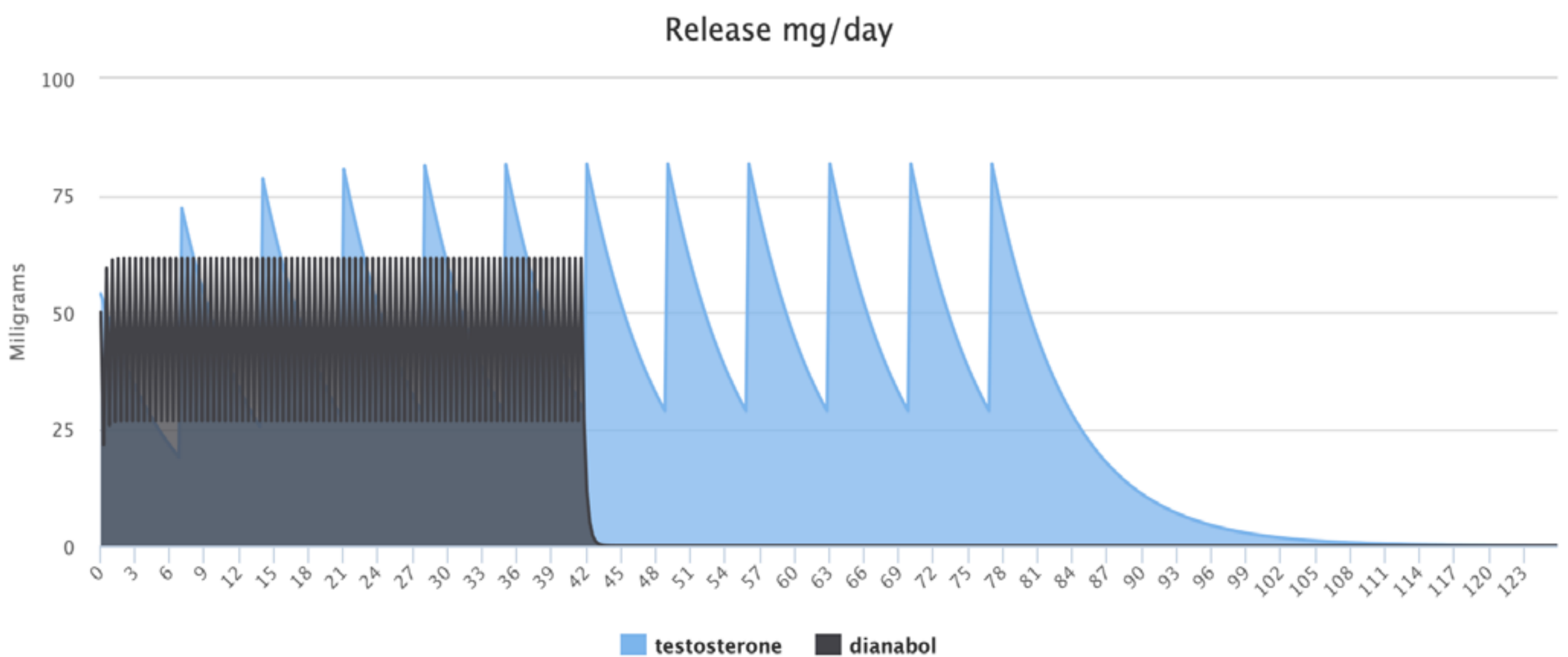
The Testosterone Enanthate and Dianabol (Methandrostenolone) cycle is a powerful combination designed for rapid muscle mass and strength gains. Testosterone Enanthate ensures high testosterone levels, promoting significant anabolic effects and aiding in muscle growth and recovery. Dianabol, delivers quick results in terms of muscle size and strength, making it ideal to kickstart the cycle. This combination is popular among bodybuilders and athletes, aiming for dramatic improvements in muscle mass and performance.

**Duration:** 12 weeks

**Dosage:**

-Testosterone Enanthate: 500 mg per week

-Dianabol: 30 mg per day for the first 6 weeks



**PCT:**

**Duration:** 6 weeks, starting the same day of your last shot

**Dosage:**

-Nolvadex (Tamoxifen) 20 mg per day

-Clomid (Clomiphene) 50mg per day

-HCGenerate (N2Generate) 5 caps per day

## 6. INTERMEDIATE STEROID CYCLES

Week	Supplement
1	Testosterone Enanthate 500mg/week + Dianabol 30mg/day + N2Guard 7 Caps/day
2	Testosterone Enanthate 500mg/week + Dianabol 30mg/day + N2Guard 7 Caps/day
3	Testosterone Enanthate 500mg/week + Dianabol 30mg/day + N2Guard 7 Caps/day
4	Testosterone Enanthate 500mg/week + Dianabol 30mg/day + N2Guard 7 Caps/day
5	Testosterone Enanthate 500mg/week + Dianabol 30mg/day + N2Guard 7 Caps/day
6	Testosterone Enanthate 500mg/week + Dianabol 30mg/day + N2Guard 7 Caps/day
7	Testosterone Enanthate 500mg/week
8	Testosterone Enanthate 500mg/week
9	Testosterone Enanthate 500mg/week
10	Testosterone Enanthate 500mg/week
11	Testosterone Enanthate 500mg/week
12	Testosterone Enanthate 500mg/week
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
15	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
16	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
17	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
18	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day



## 6. INTERMEDIATE STEROID CYCLES

### Intermediate Cutting Cycles

#### 3. Testosterone Propionate and Winstrol Cycle:

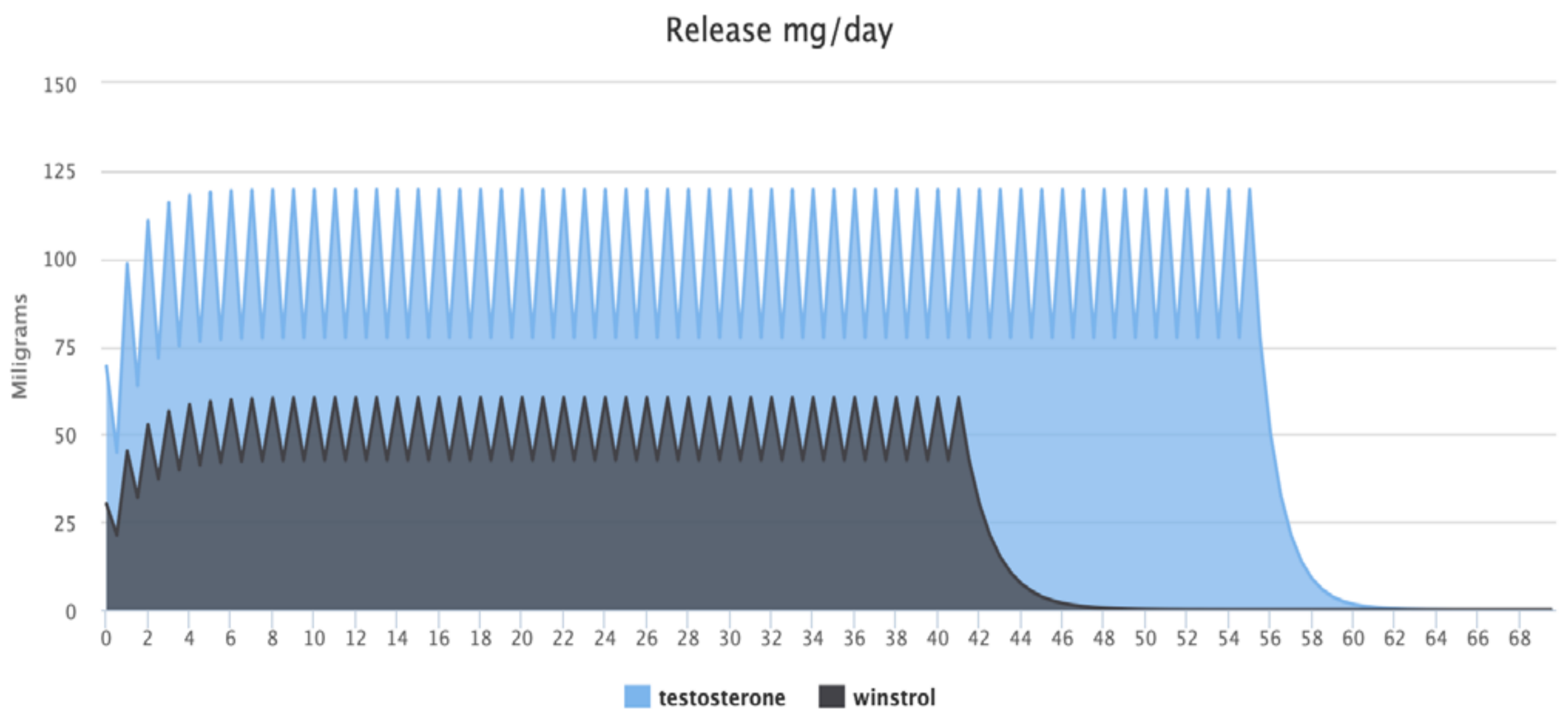
Propionate is a fast-acting testosterone ester that requires being injected every other day to have a consistent release of the hormone. Winstrol (Stanozolol), known for its ability to reduce water retention and promote a hard, dry look, complements Testosterone Propionate by enhancing vascularity and muscle definition. This cycle is typically used by those preparing for competitions or seeking a leaner body composition while preserving lean muscle tissue.

**Duration:** 8 weeks

**Dosage:**

-Testosterone Propionate: 100 mg every day

-Winstrol: 50 mg per day for the first 6 weeks



**PCT:**

**Duration:** 4 weeks, starting the same day of your last shot

**Dosage:**

-Nolvadex (Tamoxifen) 20 mg per day

-Clomid (Clomiphene) 50mg per day

-HCGenerate (N2Generate) 5 caps per day

## 6. INTERMEDIATE STEROID CYCLES

Week	Supplement
1	Testosterone Propionate 100mg/day + Winstrol 50mg/day + N2Guard 7 caps/day.
2	Testosterone Propionate 100mg/day + Winstrol 50mg/day + N2Guard 7 caps/day.
3	Testosterone Propionate 100mg/day + Winstrol 50mg/day + N2Guard 7 caps/day.
4	Testosterone Propionate 100mg/day + Winstrol 50mg/day + N2Guard 7 caps/day.
5	Testosterone Propionate 100mg/day + Winstrol 50mg/day + N2Guard 7 caps/day.
6	Testosterone Propionate 100mg/day + Winstrol 50mg/day + N2Guard 7 caps/day.
7	Testosterone Propionate 100mg/day.
8	Testosterone Propionate 100mg/day.
9	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
10	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
11	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day
12	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day

## 6. INTERMEDIATE STEROID CYCLES

### Intermediate Cutting Cycles

#### 4. Anavar and Masteron Enanthate Cycle:

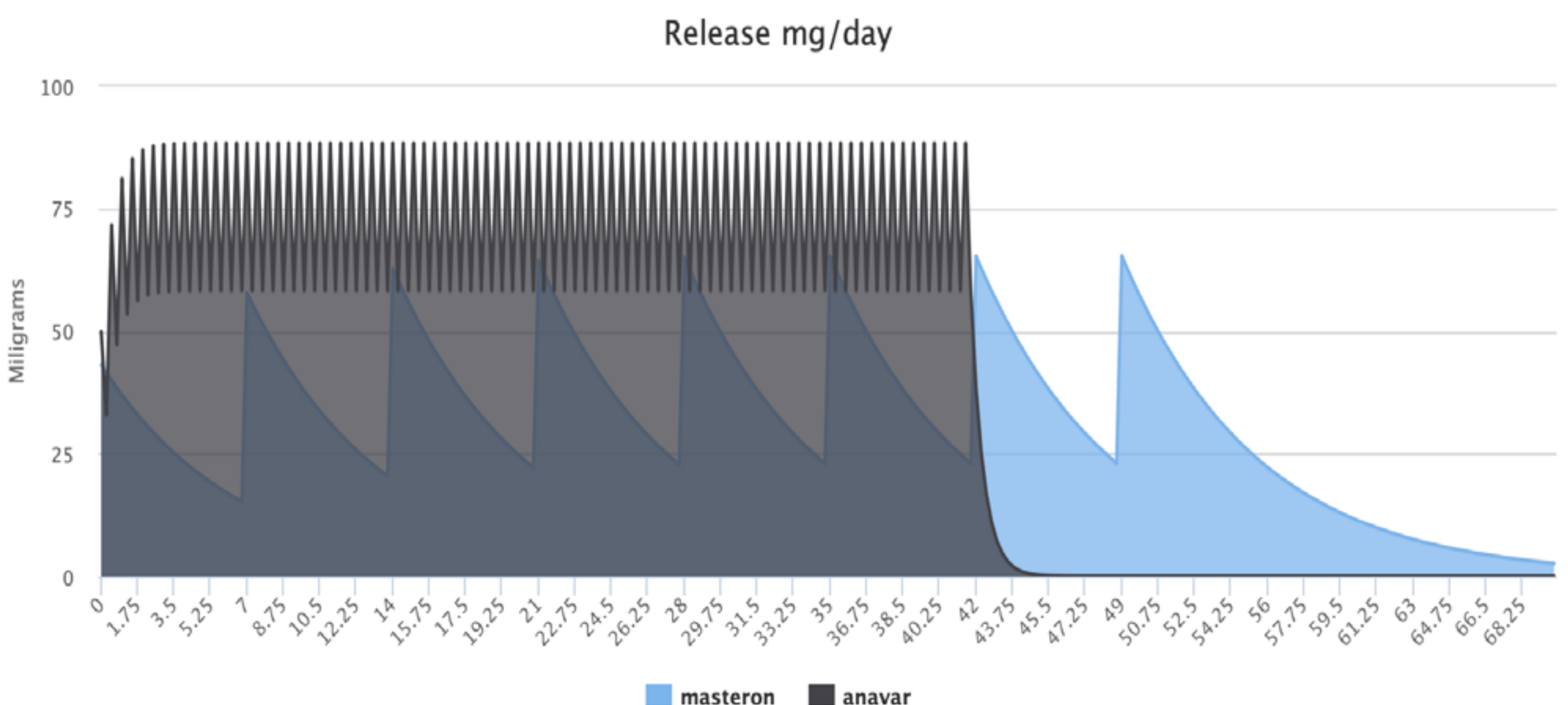
The Anavar (Oxandrolone) and Masteron Enanthate cycle is a popular choice for cutting phases. Anavar is renowned for its mild yet effective anabolic properties, promoting muscle preservation and fat loss without significant water retention. Masteron, known for its strong anti-estrogenic properties, enhances muscle hardness and density, further contributing to a chiseled appearance. In this stack, we will use the Enanthate version of this steroid so it can be shot once per week. This cycle is particularly favored by athletes and bodybuilders preparing for competitions, as it helps in achieving a dry and vascular look.

**Duration:** 8 weeks

**Dosage:**

-Anavar: 60 mg per day week 1-6

-Masteron: 400 mg per week 1-8



**PCT:**

**Duration:** 6 weeks, starting the same day of your last shot

**Dosage:**

-Nolvadex (Tamoxifen) 20 mg per day

-Clomid (Clomiphene) 50mg per day

-HCGenerate (N2Generate) 5 caps per day

## 6. INTERMEDIATE STEROID CYCLES

Week	Supplement
1	Masteron Enanthate 400mg + Anavar 60mg/day + N2Guard 7 caps/day
2	Masteron Enanthate 400mg + Anavar 60mg/day + N2Guard 7 caps/day
3	Masteron Enanthate 400mg + Anavar 60mg/day + N2Guard 7 caps/day
4	Masteron Enanthate 400mg + Anavar 60mg/day + N2Guard 7 caps/day
5	Masteron Enanthate 400mg + Anavar 60mg/day + N2Guard 7 caps/day
6	Masteron Enanthate 400mg + Anavar 60mg/day + N2Guard 7 caps/day
7	Masteron Enanthate 400mg + N2Guard 7 caps/day.
8	Masteron Enanthate 400mg + N2Guard 7 caps/day.
9	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
10	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
11	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
12	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day

# 7. ADVANCED STEROID CYCLES



Reserved for the experienced user, the Advanced Steroid Cycles section covers sophisticated strategies for maximizing muscle gains and overall performance. These are high-dosage protocols, complex stacking methods, and advanced compounds that require a deep understanding of steroid pharmacology. You need a lot of experience before going on any of the cycles described below:

## Advanced Steroid Cycles

1. Testosterone Enanthate, Deca-Durabolin, and Dianabol Cycle.
2. Testosterone Propionate, Trenbolone Acetate, and Equipoise Cycle.
3. Testosterone Enanthate, Anavar, and Winstrol Cycle.
4. Masteron Propionate, Anavar, and Winstrol Cycle.

### Advanced Bulking Cycles

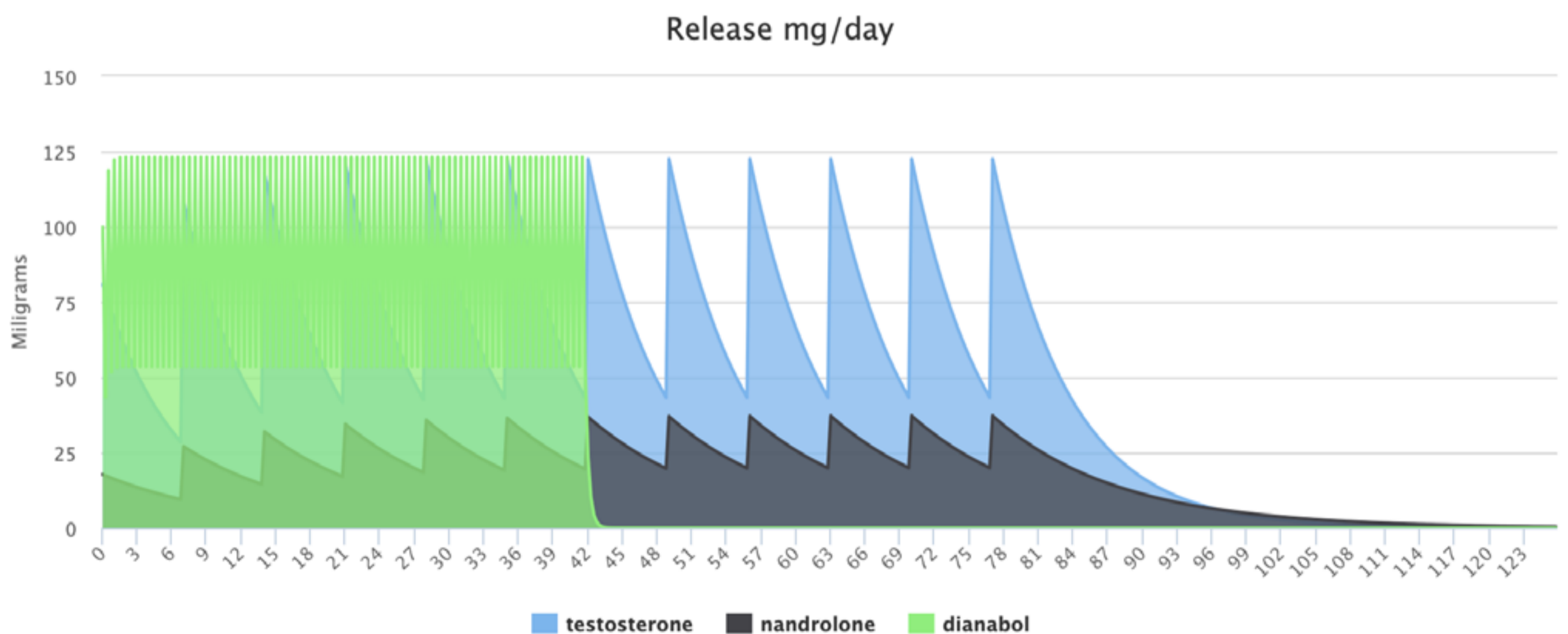
#### 1. Testosterone Enanthate, Deca-Durabolin, and Dianabol Cycle:

The Testosterone Enanthate, Deca-Durabolin (Nandrolone Decanoate), and Dianabol (Methandrostenolone) cycle is a classic bulking cycle designed for those seeking substantial gains in muscle mass and strength. Testosterone Enanthate provides the base, promoting significant muscle growth. Deca-Durabolin complements this by increasing protein synthesis and nitrogen retention, as well as enhancing recovery. Dianabol adds a powerful kick at the start of the cycle, offering rapid gains in size and strength. This combination is particularly effective for off-season bulking phases, allowing users to achieve impressive muscle gains.

**Duration:** 12 weeks

#### Dosage:

- Testosterone Enanthate: 750 mg per week
- Deca-Durabolin: 300 mg per week
- Dianabol: 60 mg per day for the first 6 weeks



#### PCT:

**Duration:** 6 weeks, starting the same day of your last shot

#### Dosage:

- Nolvadex (Tamoxifen) 20 mg per day
- Clomid (Clomiphene) 50mg per day
- HCGenerate (N2Generate) 5 caps per day
- N2Guard 7 caps per day (through the whole cycle and PCT)

## 7. ADVANCED STEROID CYCLES

Week	Supplement
1	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + Dianabol 60mg/day + N2Guard 7 caps/day
2	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + Dianabol 60mg/day + N2Guard 7 caps/day
3	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + Dianabol 60mg/day + N2Guard 7 caps/day
4	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + Dianabol 60mg/day + N2Guard 7 caps/day
5	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + Dianabol 60mg/day + N2Guard 7 caps/day
6	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + Dianabol 60mg/day + N2Guard 7 caps/day
7	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + N2Guard 7 caps/day
8	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + N2Guard 7 caps/day
9	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + N2Guard 7 caps/day
10	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + N2Guard 7 caps/day
11	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + N2Guard 7 caps/day
12	Testosterone Enanthate 750mg/wk + Deca-Durabolin 300mg/wk + N2Guard 7 caps/day
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
15	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
16	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
17	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
18	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day

## 7. ADVANCED STEROID CYCLES

### Advanced Bulking Cycles

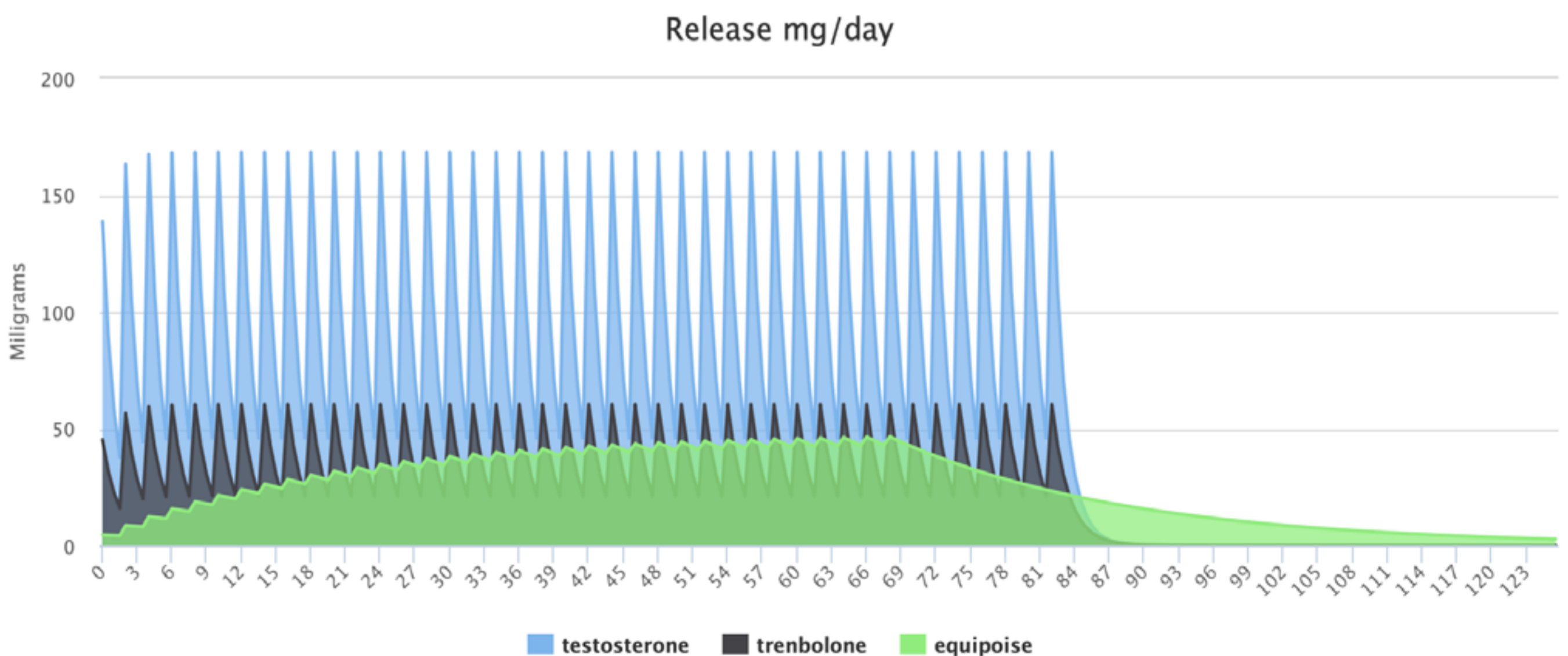
#### 2. Testosterone Propionate, Trenbolone Acetate, and Equipoise Cycle:

The Testosterone Propionate, Trenbolone Acetate, and Equipoise (Boldenone Undecylenate) cycle is a potent combination favored by experienced bodybuilders aiming for muscle gains, strength enhancement, and improved muscle definition. Testosterone Propionate, a fast-acting ester, is the testosterone base of this cycle. Trenbolone Acetate, known for its exceptional anabolic and androgenic properties, significantly boosts strength and muscle density while enhancing fat loss. Equipoise, with its ability to increase red blood cell production and promote steady, quality muscle gains, adds an element of endurance and vascularity to the cycle. This combination is ideal for increased muscle mass and reduced body fat.

**Duration:** 12 weeks

#### Dosage:

- Testosterone 200 mg every other day
- Trenbolone Acetate: 75 mg every other day
- Equipoise: 150 mg every other day



#### PCT:

**Duration:** 6 weeks, starting the same day of your last shot

#### Dosage:

- Nolvadex (Tamoxifen) 20 mg per day
- Clomid (Clomiphene) 50mg per day
- HCGenerate (N2Generate) 5 caps per day
- N2Guard 7 caps per day (through the whole cycle and PCT)



## 7. ADVANCED STEROID CYCLES

Week	Supplement
1	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
2	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
3	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
4	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
5	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
6	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
7	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
8	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
9	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
10	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
11	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
12	Testosterone E 200mg/EOD + Trenbolone Ace 75mg/EOD + Equipoise 150 mg/EOD + N2Guard 7 caps/day
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
15	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
16	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
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19	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
20	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day

## 7. ADVANCED STEROID CYCLES

### Advanced Cutting Cycles

#### 3. Testosterone Enanthate, Anavar, and Winstrol Cycle:

The Testosterone Enanthate, Anavar (Oxandrolone), and Winstrol (Stanozolol) cycle is a highly effective combination designed for cutting phases. Testosterone Enanthate is the Testosterone base. Anavar, aids in fat loss and muscle preservation. Winstrol further complements this cycle, contributing to a dry and defined look. This cycle breaks the norm because here, you will be taking oral steroids for a total of eight weeks, which is something I would only advise for their most experienced users, and even then, always using N2Guard with their orals. This stack is particularly popular among bodybuilders preparing for competitions.

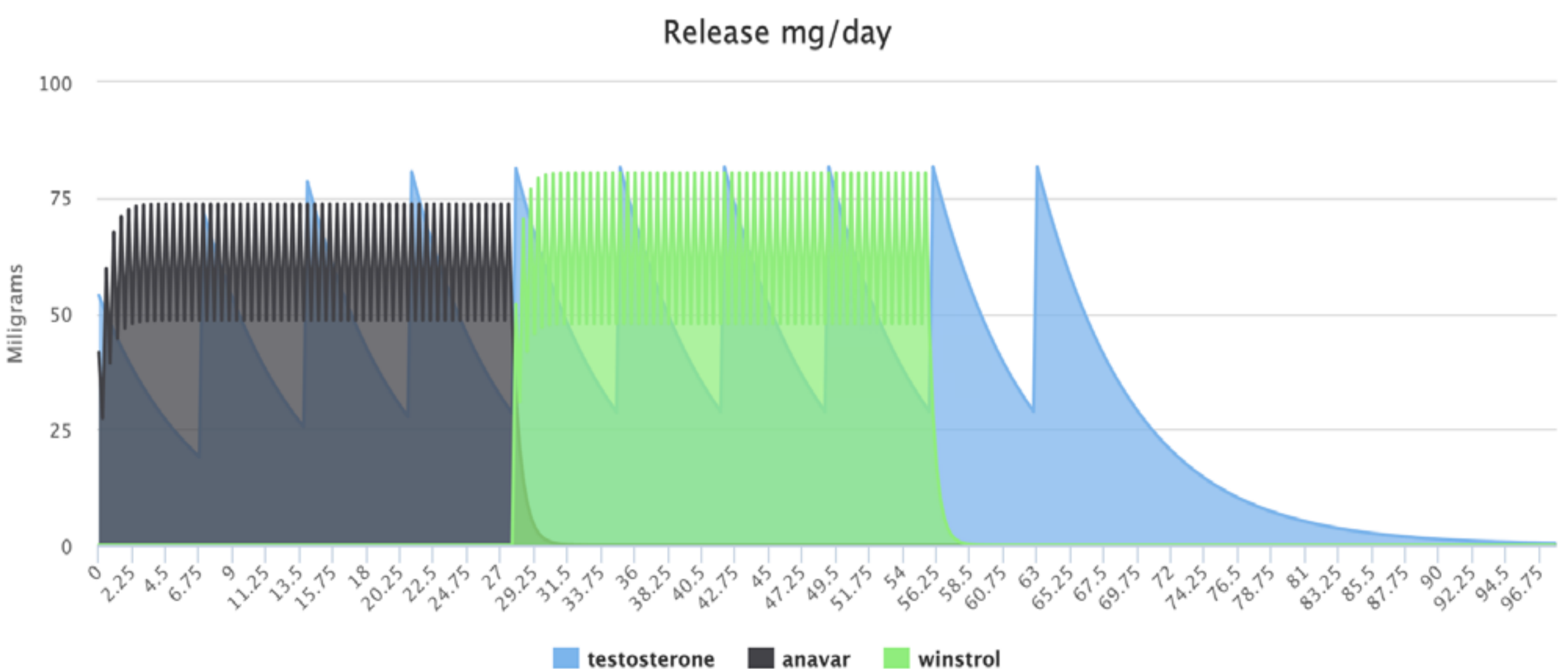
**Duration:** 10 weeks

**Dosage:**

-Testosterone Enanthate: 500 mg every week

-Anavar: 50 mg per day for weeks 1-4

-Winstrol: 50 mg per day for weeks 5-8



**PCT:**

**Duration:** 6 weeks, starting the same day of your last shot

**Dosage:**

-Nolvadex (Tamoxifen) 20 mg per day

-Clomid (Clomiphene) 50mg per day

-HCGenerate (N2Generate) 5 caps per day

-N2Guard 7 caps per day (through the whole cycle and PCT)

## 7. ADVANCED STEROID CYCLES

Week	Supplement
1	Testosterone E 500 mg/wk + Anavar 50mg/day + N2Guard 7 caps/day
2	Testosterone E 500 mg/wk + Anavar 50mg/day + N2Guard 7 caps/day
3	Testosterone E 500 mg/wk + Anavar 50mg/day + N2Guard 7 caps/day
4	Testosterone E 500 mg/wk + Anavar 50mg/day + N2Guard 7 caps/day
5	Testosterone E 500 mg/wk + Winstrol 50mg/day + N2Guard 7 caps/day
6	Testosterone E 500 mg/wk + Winstrol 50mg/day + N2Guard 7 caps/day
7	Testosterone E 500 mg/wk + Winstrol 50mg/day + N2Guard 7 caps/day
8	Testosterone E 500 mg/wk + Winstrol 50mg/day + N2Guard 7 caps/day
9	Testosterone E 500 mg/wk
10	Testosterone E 500 mg/wk
11	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.
12	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.
15	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.
16	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.

### Advanced Cutting Cycles

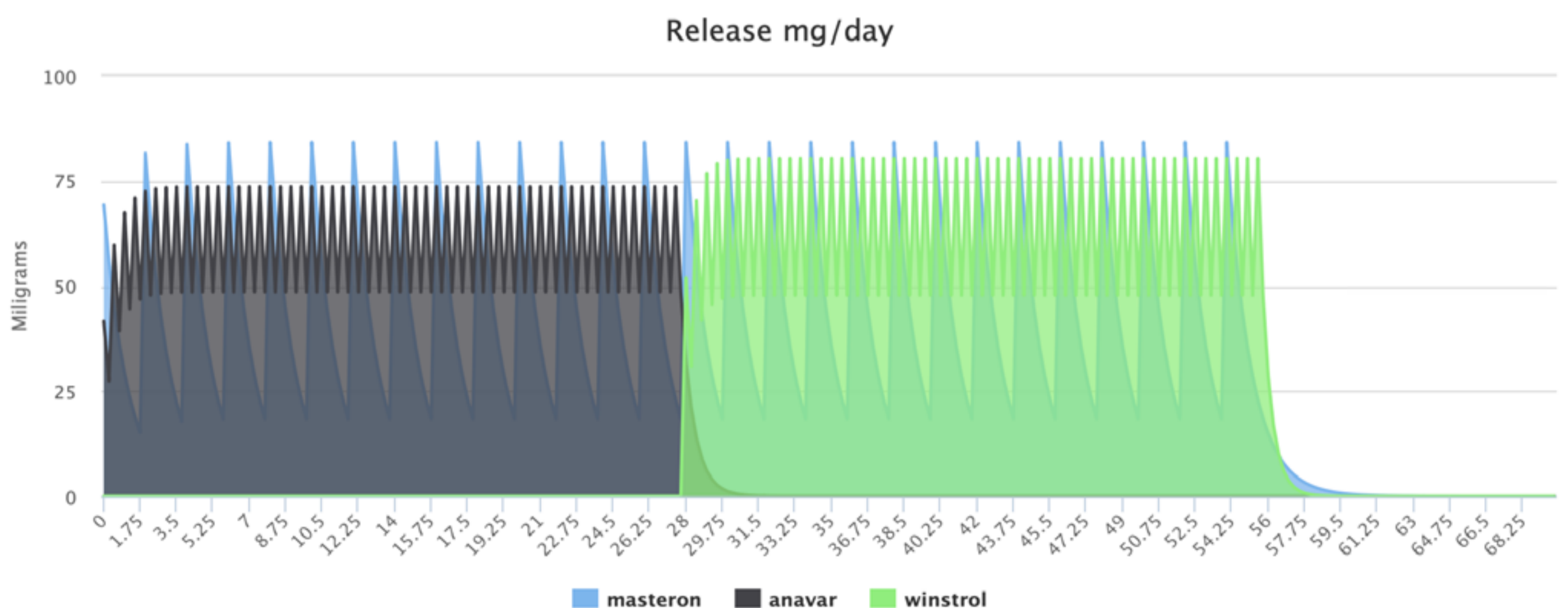
#### 4. Masteron Propionate, Anavar, and Winstrol Cycle:

The Masteron Propionate, Anavar (Oxandrolone), and Winstrol (Stanozolol) cycle is a powerful cutting combination tailored for achieving a lean, hard, and vascular physique. Masteron Propionate, known for its anti-estrogenic properties, is ideal for building a chiseled look. Anavar contributes to fat loss and muscle preservation with minimal water retention. Winstrol adds to the cycle by further promoting muscle definition and vascularity, enhancing the overall aesthetic appeal. Bodybuilders particularly favor this cycle in the pre-competition phase due to its ability to deliver a dry, sculpted appearance. This cycle will make you look the best you have ever looked for that show competition or photo shoot, but most of the magic will vanish once you come off the stack. Once again, this is a cycle where you will be taking orals for eight weeks straight, so make sure to use N2Guard all the way through.

**Duration:** 8 weeks

#### Dosage:

- Masteron Propionate: 100 mg every other day
- Anavar: 50 mg per day week 1-4
- Winstrol: 50 mg per day week 5-8



#### PCT:

**Duration:** 6 weeks, starting the same day of your last shot

#### Dosage:

- Nolvadex (Tamoxifen) 20 mg per day
- Clomid (Clomiphene) 50mg per day
- HCGenerate (N2Generate) 5 caps per day
- N2Guard 7 caps per day (through the whole cycle and PCT)

## 7. ADVANCED STEROID CYCLES

Week	Supplement
1	Masteron Prop 100mg/EOD + Anavar 50mg/day + N2Guard 7 caps/day.
2	Masteron Prop 100mg/EOD + Anavar 50mg/day + N2Guard 7 caps/day.
3	Masteron Prop 100mg/EOD + Anavar 50mg/day + N2Guard 7 caps/day.
4	Masteron Prop 100mg/EOD + Anavar 50mg/day + N2Guard 7 caps/day.
5	Masteron Prop 100mg/EOD + Winstrol 50mg/day + N2Guard 7 caps/day.
6	Masteron Prop 100mg/EOD + Winstrol 50mg/day + N2Guard 7 caps/day.
7	Masteron Prop 100mg/EOD + Winstrol 50mg/day + N2Guard 7 caps/day.
8	Masteron Prop 100mg/EOD + Winstrol 50mg/day + N2Guard 7 caps/day.
9	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.
10	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.
11	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.
12	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day.

# 8. SPECIALIZED STEROID CYCLES

A close-up photograph of a person's muscular torso, showing the pectoral muscles, abdominal muscles, and the beginning of the back muscles. The lighting is dramatic, highlighting the contours and texture of the skin and muscle.

Specialized cycles are designed to meet specific goals, such as improving athletic performance, enhancing endurance, or addressing particular body composition needs. These cycles are typically more advanced and should be approached with caution.

## Specialized Steroid Cycle

1. Testosterone, Primobolan, and Anavar.
2. Testosterone, Anadrol, and Trenbolone
3. Testosterone, Equipoise, and Winstrol

## 8. SPECIALIZED STEROID CYCLES

### Lean Mass Cycle

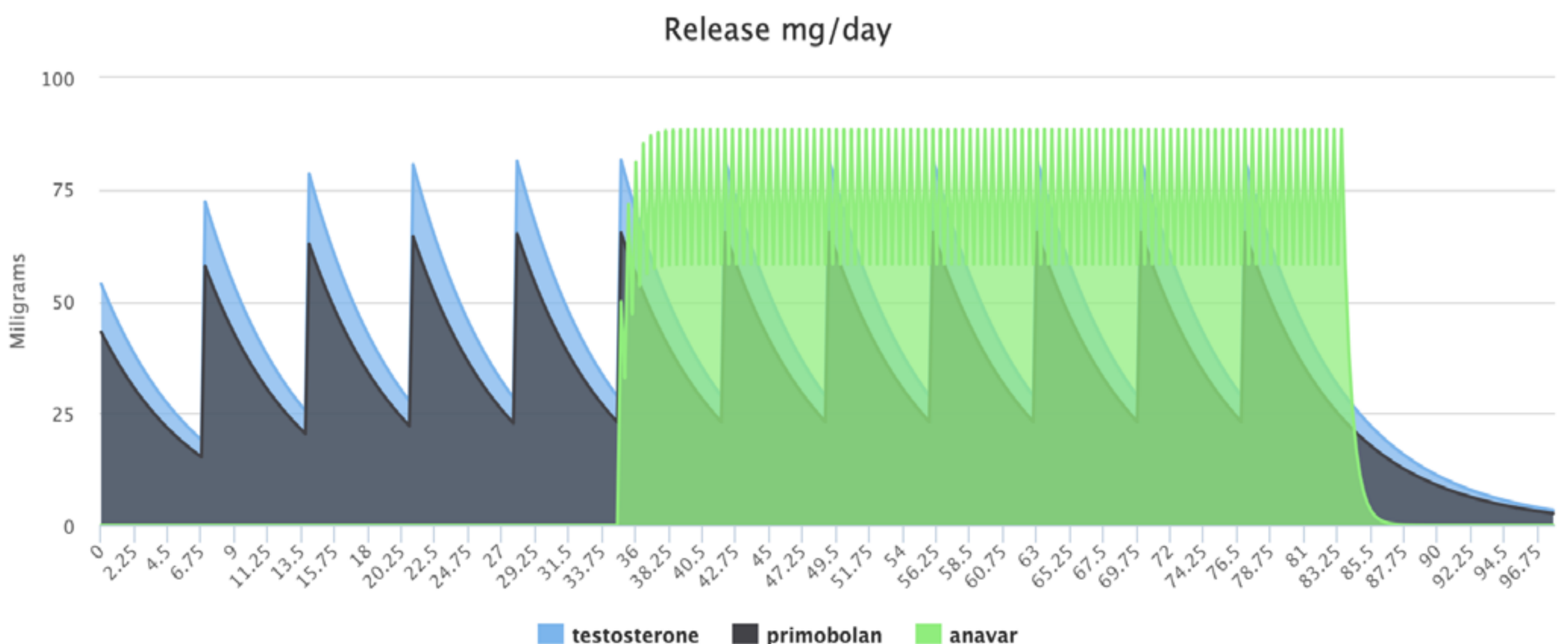
#### 1. Testosterone, Primobolan, and Anavar:

The Lean Mass Cycle combining Testosterone, Primobolan (Methenolone), and Anavar (Oxandrolone) is a highly effective regimen for quality muscle gains with minimal water retention and fat accumulation. Testosterone provides the anabolic foundation, promoting muscle growth and recovery. Primobolan, known for its mild anabolic properties and low androgenic activity, enhances lean muscle development and hardness without significant side effects, making it a preferred choice for maintaining gains during the cycle. Anavar complements this stack by aiding in fat loss and muscle preservation, ensuring the gains are lean and defined. This cycle is ideal for athletes and bodybuilders looking to enhance their physique with solid, sustainable muscle growth while maintaining a sleek, aesthetic look.

**Duration:** 12 weeks

#### **Dosage:**

- Testosterone Enanthate: 500 mg per week
- Primobolan: 400 mg per week
- Anavar: 50 mg per day for the last 6 weeks



#### **PCT:**

**Duration:** 6 weeks, starting the same day of your last shot

#### **Dosage:**

- Nolvadex (Tamoxifen) 20 mg per day
- Clomid (Clomiphene) 50mg per day
- HCGenerate (N2Generate) 5 caps per day
- N2Guard 7 caps per day (through the whole cycle and PCT)

# 8. SPECIALIZED STEROID CYCLES

Week	Supplement
1	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk
2	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk
3	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk
4	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk
5	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk
6	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk
7	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk + Anavar 50mg/day
8	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk + Anavar 50mg/day
9	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk + Anavar 50mg/day
10	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk + Anavar 50mg/day
11	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk + Anavar 50mg/day
12	Testosterone E 500mg/wk + Primobolan Depot 400mg/wk + Anavar 50mg/day
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
15	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
16	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
17	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day
18	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day +N2Guard 7 caps/day



## 8. SPECIALIZED STEROID CYCLES

### Powerlifting Cycle

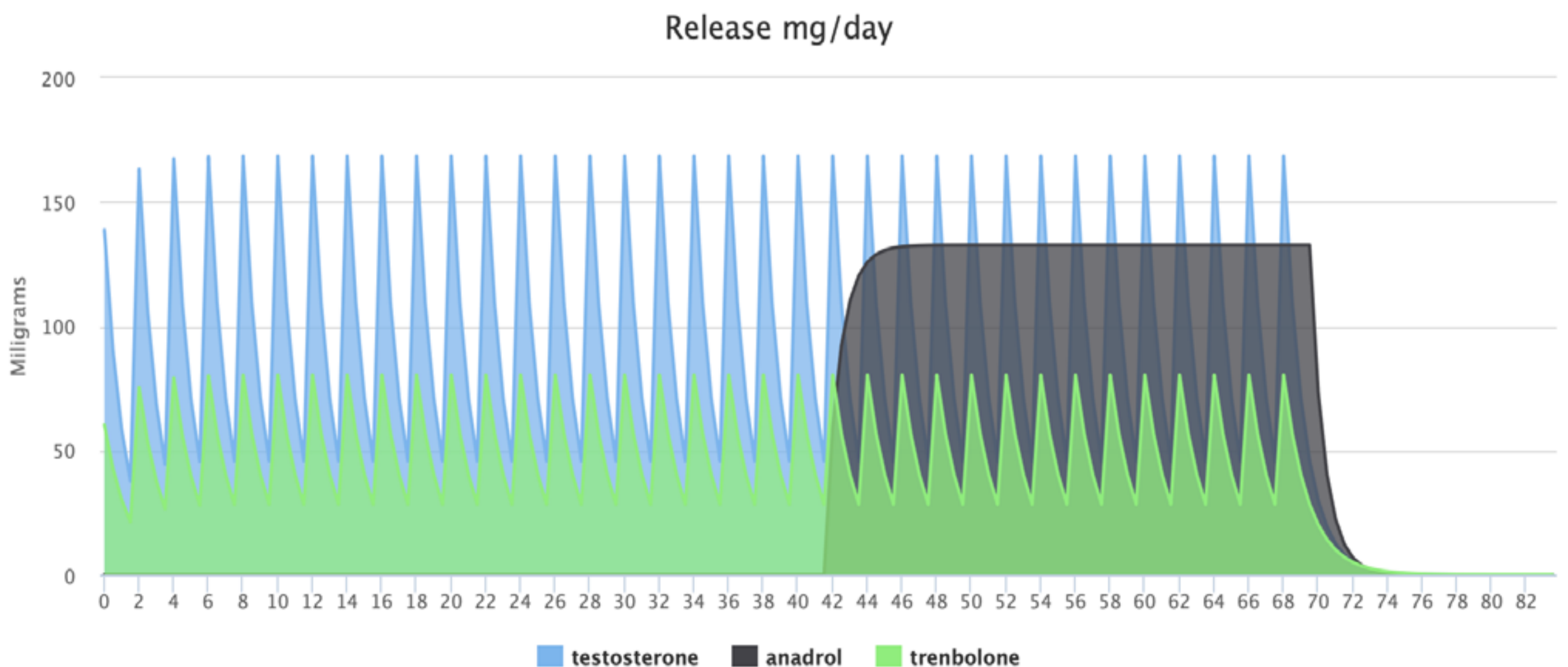
#### 2. Testosterone, Anadrol, and Trenbolone:

The Powerlifting Cycle featuring Testosterone, Anadrol (Oxymetholone), and Trenbolone is a potent combination for significant strength and power gains. Testosterone serves as the anabolic backbone, enhancing muscle growth and recovery. Anadrol, one of the most powerful oral steroids, provides rapid and substantial increases in strength and muscle mass, making it ideal for powerlifters. Trenbolone, known for its exceptional anabolic and androgenic properties, further amplifies strength, muscle density, and overall power. This cycle is for experienced users who require dramatic improvements in their lifting performance.

**Duration:** 12 weeks

#### **Dosage:**

- Testosterone Enanthate: 750 mg per week
- Anadrol: 100 mg per day for the first 4 weeks
- Trenbolone Acetate: 100 mg every other day



#### **PCT:**

**Duration:** 6 weeks, starting the same day of your last shot

#### **Dosage:**

- Nolvadex (Tamoxifen) 20 mg per day
- Clomid (Clomiphene) 50mg per day
- HCGenerate (N2Generate) 5 caps per day
- N2Guard 7 caps per day (through the whole cycle and PCT)

# 8. SPECIALIZED STEROID CYCLES

Week	Supplement
1	Testosterone E 750mg/wk + Trenbolone Ace 100mg/day + Anadrol 100mg/day + N2Guard 7 caps/day
2	Testosterone E 750mg/wk + Trenbolone Ace 100mg/day + Anadrol 100mg/day + N2Guard 7 caps/day
3	Testosterone E 750mg/wk + Trenbolone Ace 100mg/day + Anadrol 100mg/day + N2Guard 7 caps/day
4	Testosterone E 750mg/wk + Trenbolone Ace 100mg/day + Anadrol 100mg/day + N2Guard 7 caps/day
5	Testosterone E 750mg/wk + Trenbolone Ace 100mg/day + N2Guard 7 caps/day
6	Testosterone E 750mg/wk + Trenbolone Ace 100mg/day + N2Guard 7 caps/day
7	Testosterone E 750mg/wk + Trenbolone Ace 100mg/day + N2Guard 7 caps/day
8	Testosterone E 750mg/wk + Trenbolone Ace 100mg/day + N2Guard 7 caps/day
9	Testosterone E 750mg/wk + Trenbolone Ace 100mg/day + N2Guard 7 caps/day
10	Testosterone E 750mg/wk + Trenbolone Ace 100mg/day + N2Guard 7 caps/day
11	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
12	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
15	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
16	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day

## 8. SPECIALIZED STEROID CYCLES

### Endurance and Strength Cycle

#### 3. Testosterone, Equipoise, and Winstrol:

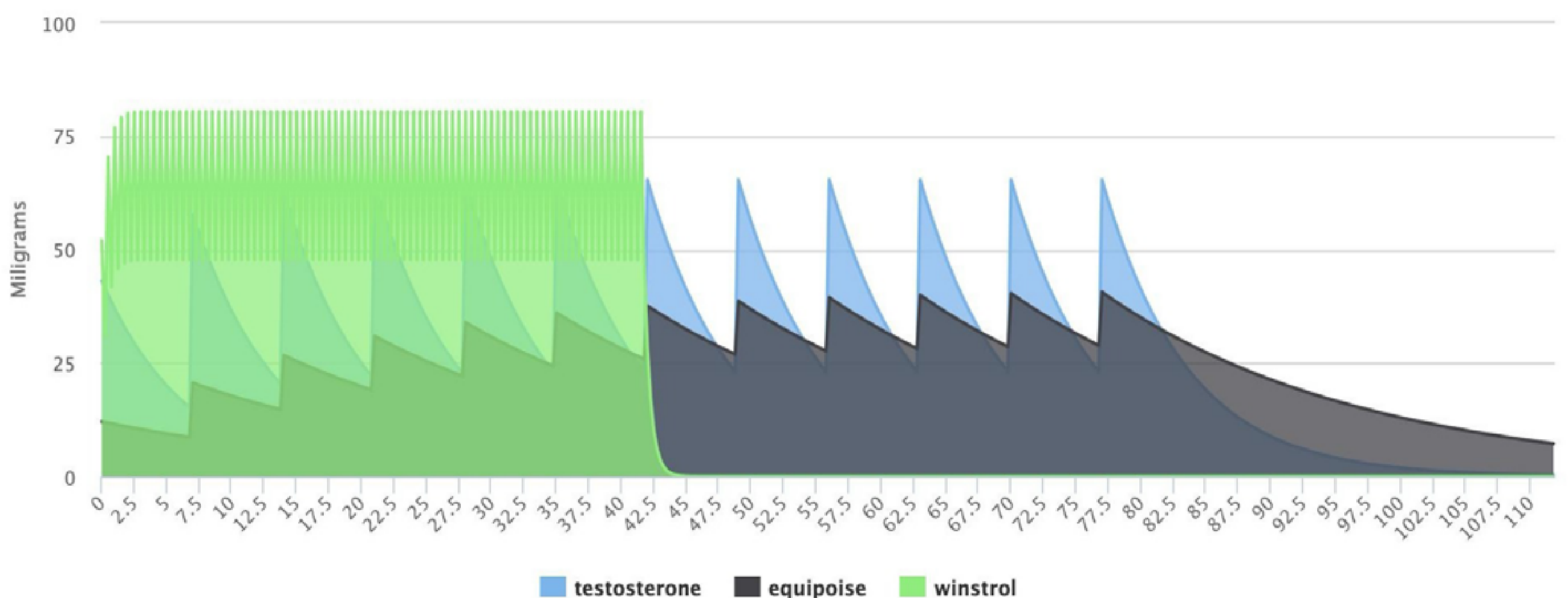
The Endurance and Strength Cycle combines Testosterone, Equipoise (Boldenone Undecylenate), and Winstrol (Stanozolol) for athletes looking to enhance their performance and physical conditioning. Testosterone provides a solid anabolic base, promoting muscle growth, recovery, and overall vitality. Equipoise is renowned for its ability to increase red blood cell production, thereby improving oxygen delivery to muscles and significantly boosting endurance and stamina. Winstrol complements this stack by enhancing muscular strength while also contributing to fat loss. This cycle is ideal for weight-class athletes and competitors who require both strength and endurance, making it suitable for those involved in sports demanding high performance and a lean physique.

**Duration:** 12 weeks

#### **Dosage:**

- Testosterone Enanthate: 400 mg per week
- Equipoise: 400 mg per week
- Winstrol: 50 mg per day for the last 6 weeks

Release mg/day



#### **PCT:**

**Duration:** 8 weeks, starting the same day of your last shot

#### **Dosage:**

- Nolvadex (Tamoxifen) 20 mg per day
- Clomid (Clomiphene) 50mg per day
- HCGenerate (N2Generate) 5 caps per day
- N2Guard 7 caps per day (through the whole cycle and PCT)

# 8. SPECIALIZED STEROID CYCLES

Week	Supplement
1	Testosterone E 400mg/wk + EQ 400mg/wk + N2Guard 7 caps/day
2	Testosterone E 400mg/wk + EQ 400mg/wk + N2Guard 7 caps/day
3	Testosterone E 400mg/wk + EQ 400mg/wk + N2Guard 7 caps/day
4	Testosterone E 400mg/wk + EQ 400mg/wk + N2Guard 7 caps/day
5	Testosterone E 400mg/wk + EQ 400mg/wk + N2Guard 7 caps/day
6	Testosterone E 400mg/wk + EQ 400mg/wk + N2Guard 7 caps/day
7	Testosterone E 400mg/wk + EQ 400mg/wk + Winstrol 50mg/day + N2Guard 7 caps/day
8	Testosterone E 400mg/wk + EQ 400mg/wk + Winstrol 50mg/day + N2Guard 7 caps/day
9	Testosterone E 400mg/wk + EQ 400mg/wk + Winstrol 50mg/day + N2Guard 7 caps/day
10	Testosterone E 400mg/wk + EQ 400mg/wk + Winstrol 50mg/day + N2Guard 7 caps/day
11	Testosterone E 400mg/wk + EQ 400mg/wk + Winstrol 50mg/day + N2Guard 7 caps/day
12	Testosterone E 400mg/wk + EQ 400mg/wk + Winstrol 50mg/day + N2Guard 7 caps/day
13	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
14	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
15	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
16	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
17	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
18	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
19	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day
20	Nolvadex 20mg/day + Clomid 50mg/day + HCGenerate 5 caps/day + N2Guard 7 caps/day

# 9. BRIDGING AND BLAST & CRUISE



**Bridging:** Bridging involves using low doses of steroids between cycles to maintain muscle gains and hormone levels without full suppression.

**Blast & Cruise:** This approach alternates between high-dose anabolic phases and lower-dose maintenance phases.

These strategies ensure continuous progress while giving your body the necessary recovery time. Competitive bodybuilders with a lot of mass on their frames usually use these approaches to maintain their unnatural size and even add more muscle.

## Bridging and Blast & Cruise

1. Anavar Bridge Cycle.
2. EQ Bridge Cycle.
3. Low Dose Testosterone Enanthate.
4. Testosterone.
5. Testosterone, Deca-Durabolin, Primobolan Depot and Dianabol.

## 9. BRIDGING AND BLAST & CRUISE

### Bridging Cycle

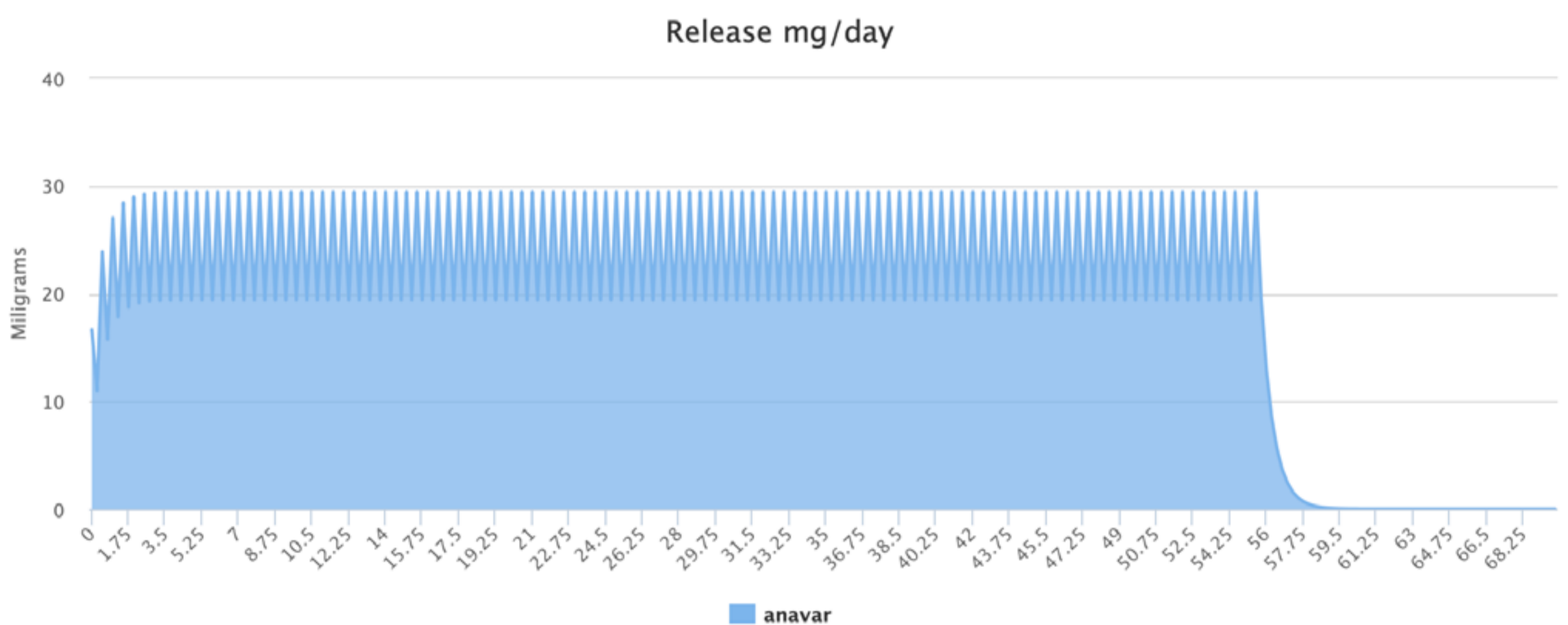
#### 1. Anavar:

This is a very mild Anavar cycle, using only 20mg of Anavar split into two 10mg daily doses. It is enough to maintain size in between big cycles.

**Duration:** 8 weeks between cycles

**Dosage:**

-Anavar: 20 mg per day



**PCT:** None required since you will be starting a cycle after this bridge, but follow with a normal PCT after the next full cycle.

**NOTE:** N2Guard should be used to protect your liver during any bridge that involves oral steroids.

-Use HCGenerate use during the bridge to ensure proper natural testosterone production and testicle size.

## 9. BRIDGING AND BLAST & CRUISE

Week	Supplement
1	Anavar 20mg per day
2	Anavar 20mg per day
3	Anavar 20mg per day
4	Anavar 20mg per day
5	Anavar 20mg per day
6	Anavar 20mg per day
7	Anavar 20mg per day
8	Anavar 20mg per day

## 9. BRIDGING AND BLAST & CRUISE

### Bridging Cycle

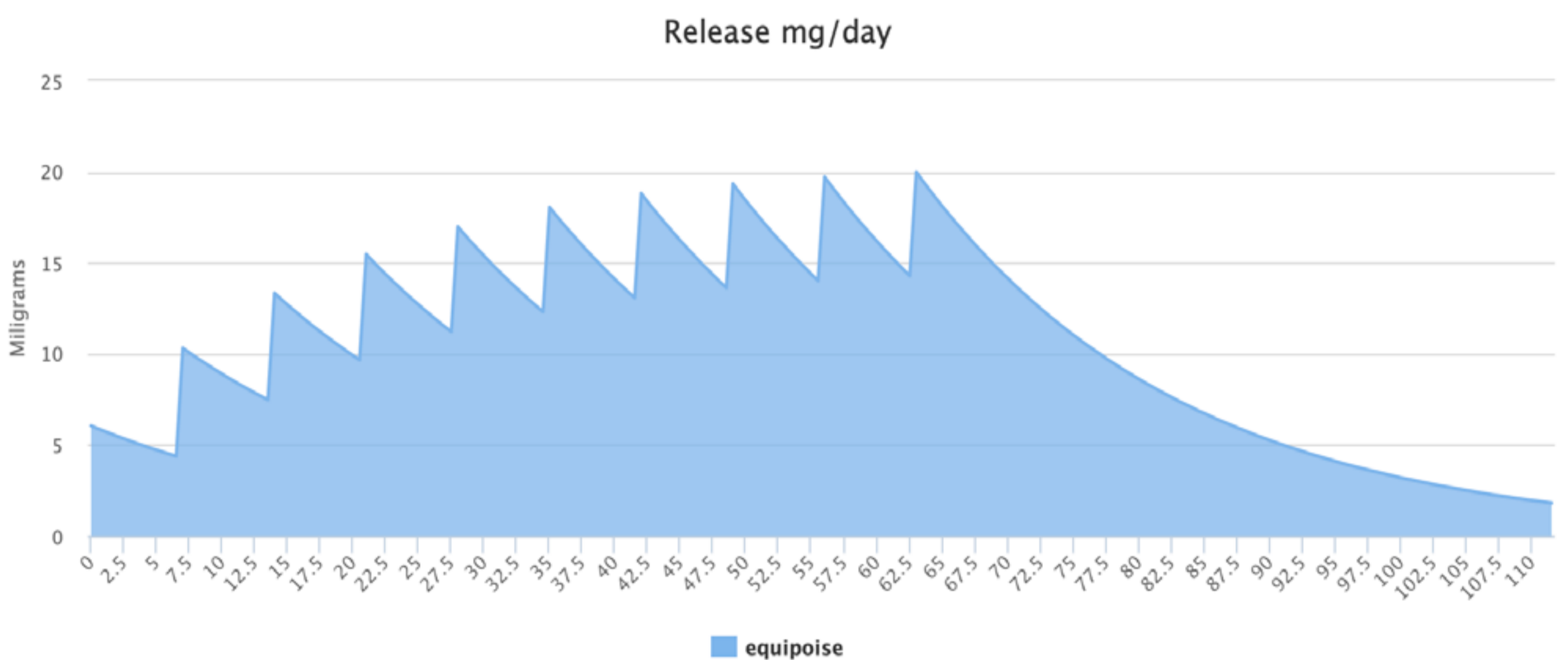
#### 2. Equipoise:

EQ is a very mild steroid with a long ester that tapers off on its own; it can be used as a bridging compound between cycles, especially for those focused on maximum endurance.

**Duration:** 10 weeks

**Dosage:**

-EQ 200mg per week



**PCT:** None required since you will be starting a cycle after this bridge, but follow with a normal PCT after the next full cycle



## 9. BRIDGING AND BLAST & CRUISE

Week	Supplement
1	Equipoise 200mg/week
2	Equipoise 200mg/week
3	Equipoise 200mg/week
4	Equipoise 200mg/week
5	Equipoise 200mg/week
6	Equipoise 200mg/week
7	Equipoise 200mg/week
8	Equipoise 200mg/week
9	Equipoise 200mg/week
10	Equipoise 200mg/week

## 9. BRIDGING AND BLAST & CRUISE

### Bridge

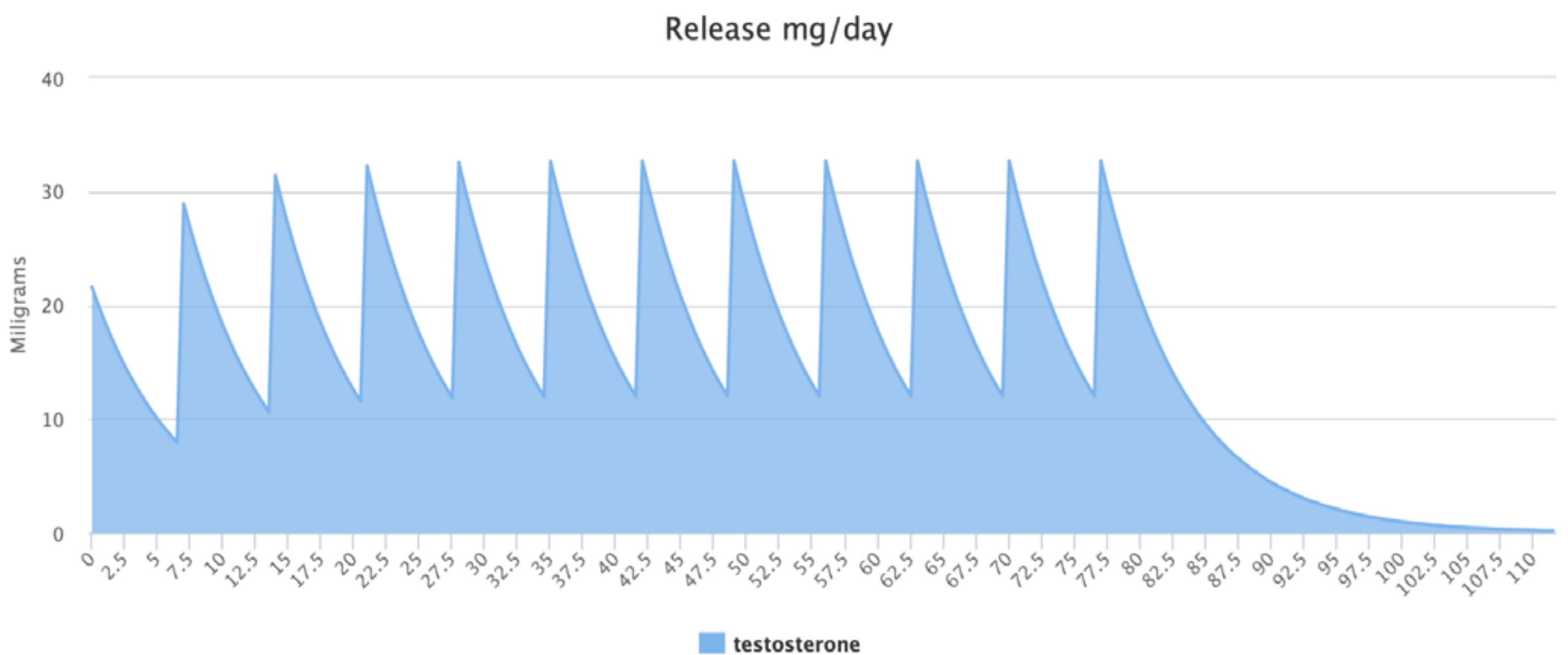
#### 3. Low Dose Testosterone Enanthate:

Using a low dose of Testosterone helps keep testosterone levels stable and maintains muscle mass without full suppression of the HPTA (Hypothalamic-Pituitary-Testicular Axis)

**Duration:** 12 weeks

**Dosage:**

-Testosterone Enanthate 200 mg per week



**PCT:** None required since you will be starting a cycle after this bridge, but follow with a normal PCT after the next full cycle

## 9. BRIDGING AND BLAST & CRUISE

Week	Supplement
1	Testosterone Enanthate 200 mg/week
2	Testosterone Enanthate 200 mg/week
3	Testosterone Enanthate 200 mg/week
4	Testosterone Enanthate 200 mg/week
5	Testosterone Enanthate 200 mg/week
6	Testosterone Enanthate 200 mg/week
7	Testosterone Enanthate 200 mg/week
8	Testosterone Enanthate 200 mg/week
9	Testosterone Enanthate 200 mg/week
10	Testosterone Enanthate 200 mg/week
11	Testosterone Enanthate 200 mg/week
12	Testosterone Enanthate 200 mg/week

## 9. BRIDGING AND BLAST & CRUISE

### Blast & Cruise

Blast & Cruise involves periods of high-dose steroid use (“blast”) followed by lower doses (“cruise”) without completely coming off steroids.

### Blast & Cruise Cycle

#### 4. Testosterone:

This is a classic testosterone blast and cruise that many men on TRT report doing; they will purchase additional bottles of Testosterone from reputable UGL sources and will add in some weekly shots on top of their TRT, then quickly go back down to their TRT dose just in time for the doctor’s visit. Not just guys on TRT but many bodybuilders that opt for Testosterone-Only cycles will also use this method.

#### Blast Phase

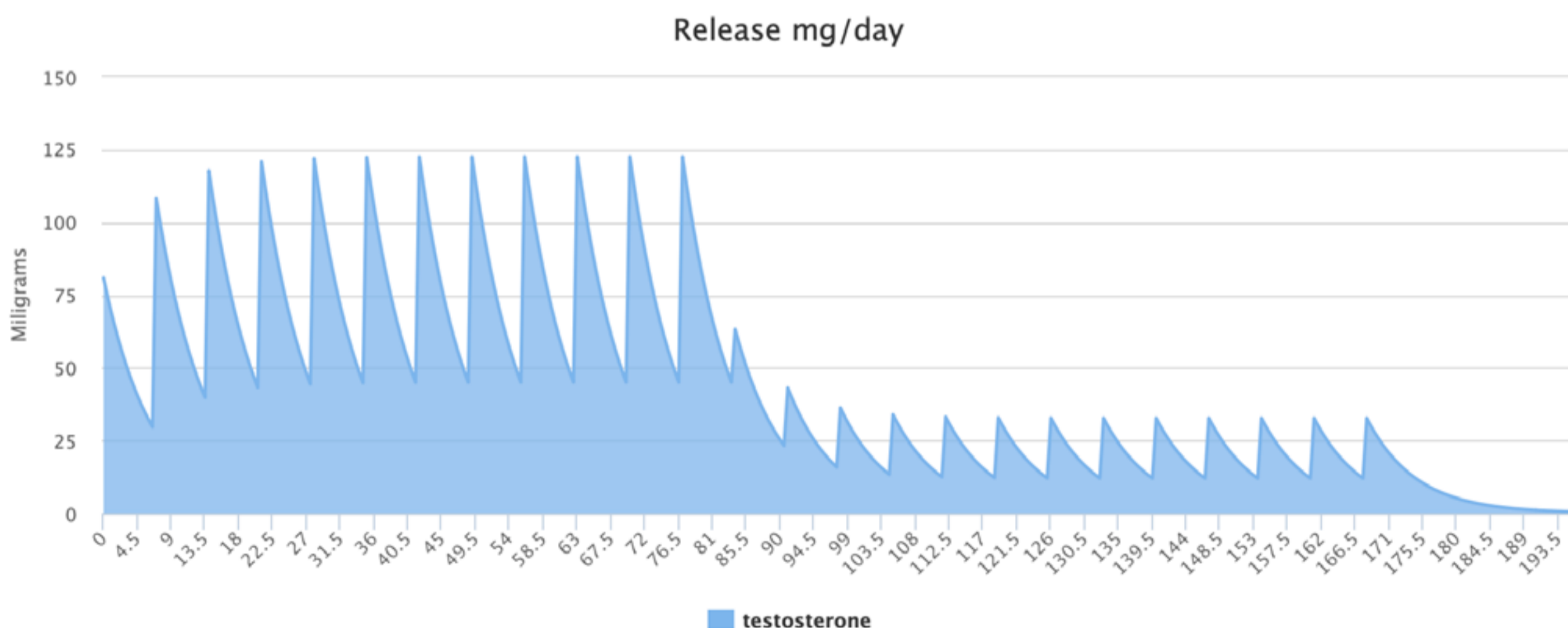
**Duration:** 12 weeks

**Dosage:** Testosterone Enanthate: 750 mg per week

#### Cruise Phase

**Duration:** 12 weeks

**Dosage:** Testosterone Enanthate: 200 mg per week



Repeat the blast and cruise phase as many times as needed to achieve the desired results.

**PCT:** Not typically required since the Testosterone will be in continuous use.

## 9. BRIDGING AND BLAST & CRUISE

Week	Supplement
1	Testosterone Enanthate: 750 mg/week.
2	Testosterone Enanthate: 750 mg/week.
3	Testosterone Enanthate: 750 mg/week.
4	Testosterone Enanthate: 750 mg/week.
5	Testosterone Enanthate: 750 mg/week.
6	Testosterone Enanthate: 750 mg/week.
7	Testosterone Enanthate: 750 mg/week.
8	Testosterone Enanthate: 750 mg/week.
9	Testosterone Enanthate: 750 mg/week.
10	Testosterone Enanthate: 750 mg/week.
11	Testosterone Enanthate: 750 mg/week.
12	Testosterone Enanthate: 750 mg/week.
13	Testosterone Enanthate: 200 mg/week
14	Testosterone Enanthate: 200 mg/week
15	Testosterone Enanthate: 200 mg/week
16	Testosterone Enanthate: 200 mg/week
17	Testosterone Enanthate: 200 mg/week
18	Testosterone Enanthate: 200 mg/week
19	Testosterone Enanthate: 200 mg/week
20	Testosterone Enanthate: 200 mg/week
21	Testosterone Enanthate: 200 mg/week
22	Testosterone Enanthate: 200 mg/week
23	Testosterone Enanthate: 200 mg/week
24	Testosterone Enanthate: 200 mg/week

## 9. BRIDGING AND BLAST & CRUISE

### Advanced Blast & Cruise

#### 5. Testosterone, Deca-Durabolin, Primobolan Depot and Dianabol:

This is a big boy cycle for guys with a lot of experience. Take 1,000mg of Testosterone per week, and you will move the weights with a lot more ease. Don't try this one unless you have tried some lighter cycles with these three compounds before.

#### Blast Phase

**Duration:** 16 weeks

**Dosage:** Testosterone Enanthate: 750 mg per week

-Deca-Durabolin: 600 mg per week

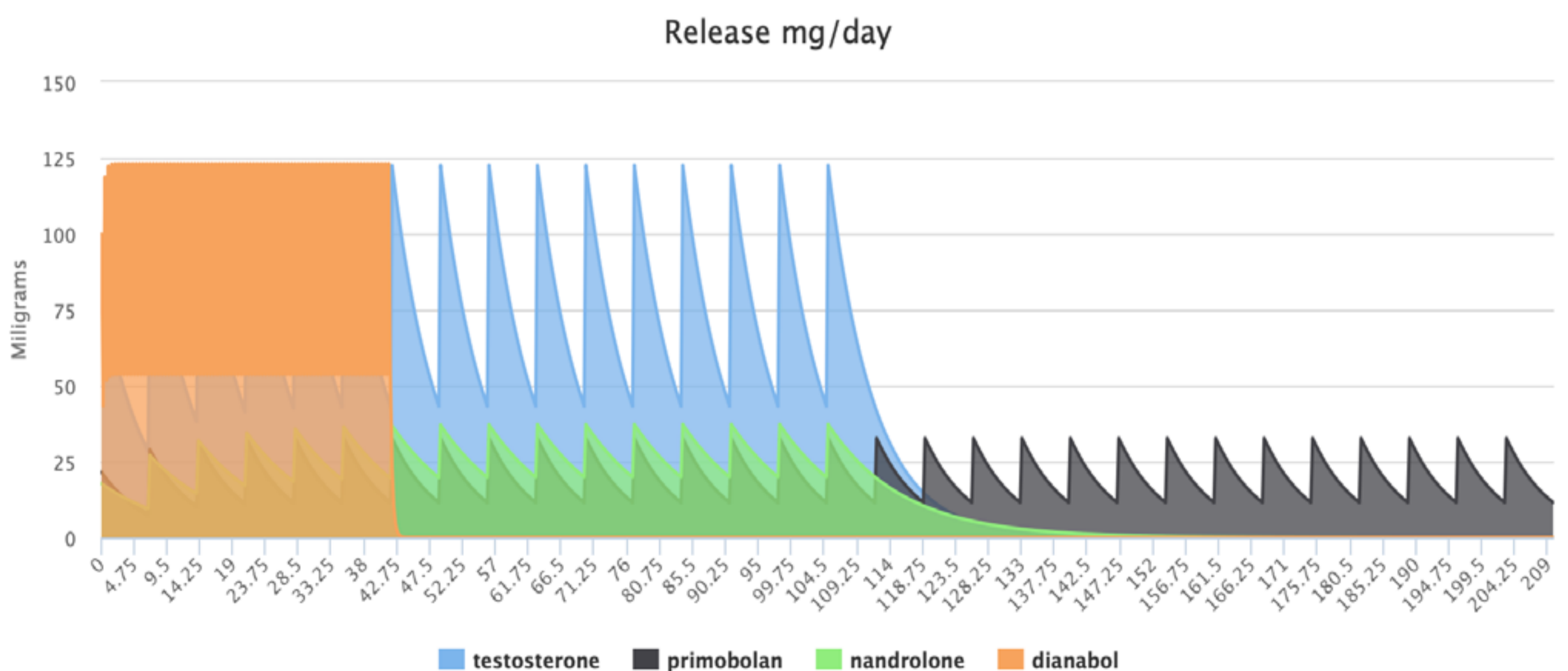
-Primobolan Depot: 200 mg per week

-Dianabol: 50 mg daily for the first 6 weeks

#### Cruise Phase

**Duration:** 10 weeks

**Dosage:** Primobolan Depot: 200 mg per week



**PCT:** Not typically required since the Testosterone will be in continuous use.

# 9. BRIDGING AND BLAST & CRUISE

## Advanced Blast & Cruise

Week	Supplement
1	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk + Dianabol 50mg/day + N2Guard 7 caps/day
2	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk + Dianabol 50mg/day + N2Guard 7 caps/day
3	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk + Dianabol 50mg/day + N2Guard 7 caps/day
4	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk + Dianabol 50mg/day + N2Guard 7 caps/day
5	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk + Dianabol 50mg/day + N2Guard 7 caps/day
6	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk + Dianabol 50mg/day + N2Guard 7 caps/day
7	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk
8	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk
9	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk
10	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk
11	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk
12	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk
13	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk
14	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk
15	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk
16	Testosterone E 750mg/wk + Deca-Durabolin 600mg/wk + Primobolan Depot: 200mg/wk
17	Primobolan Depot: 200 mg/week
18	Primobolan Depot: 200 mg/week
19	Primobolan Depot: 200 mg/week
20	Primobolan Depot: 200 mg/week
21	Primobolan Depot: 200 mg/week
22	Primobolan Depot: 200 mg/week
23	Primobolan Depot: 200 mg/week
24	Primobolan Depot: 200 mg/week
25	Primobolan Depot: 200 mg/week
26	Primobolan Depot: 200 mg/week

# 10. FEMALE STEROID CYCLES



These cycles are built to increase lean muscle mass and strength with minimal risk of masculinizing side effects.

## Female Steroid Cycles

1. Beginner Anavar Cycle.
2. Intermediate Anavar and Winstrol Cycle.
3. Advanced Anavar and Primobolan Cycle.



## 10. FEMALE STEROID CYCLES

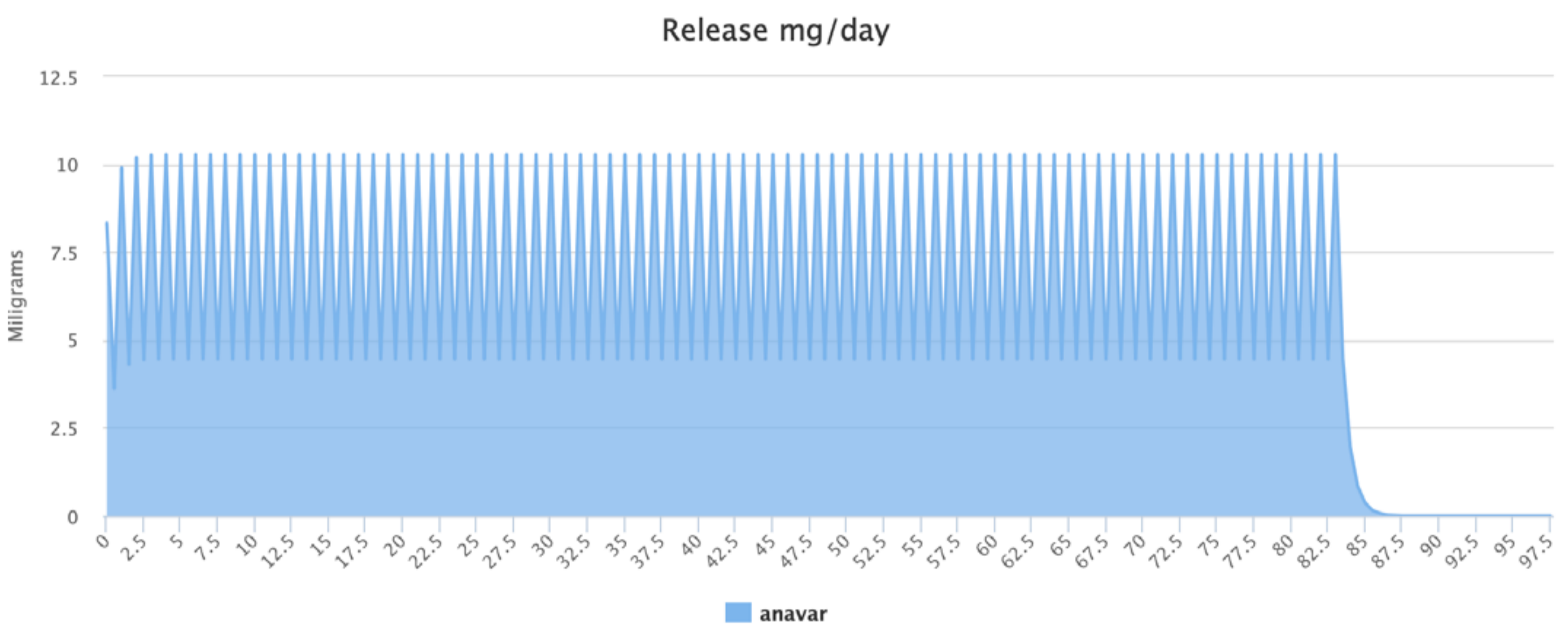
### 1. Beginner Female Cycle:

Anavar is considered one of the safest steroids for women. It promotes muscle growth and fat loss without significant androgenic effects.

**Duration:** 12 weeks

**Dosage:**

-Anavar (Oxandrolone) 5 mg daily



**PCT:** Not required for women; only use N2Guard for the whole cycle and eight weeks after the cycle is done.

## 10. FEMALE STEROID CYCLES

### Beginner Female Cycle

Week	Supplement
1	Anavar 5mg/day + 7 N2Guard/day
2	Anavar 5mg/day + 7 N2Guard/day
3	Anavar 5mg/day + 7 N2Guard/day
4	Anavar 5mg/day + 7 N2Guard/day
5	Anavar 5mg/day + 7 N2Guard/day
6	Anavar 5mg/day + 7 N2Guard/day
7	Anavar 5mg/day + 7 N2Guard/day
8	Anavar 5mg/day + 7 N2Guard/day
9	Anavar 5mg/day + 7 N2Guard/day
10	Anavar 5mg/day + 7 N2Guard/day
11	Anavar 5mg/day + 7 N2Guard/day
12	Anavar 5mg/day + 7 N2Guard/day

## 10. FEMALE STEROID CYCLES

### 2. Intermediate Female Cycle:

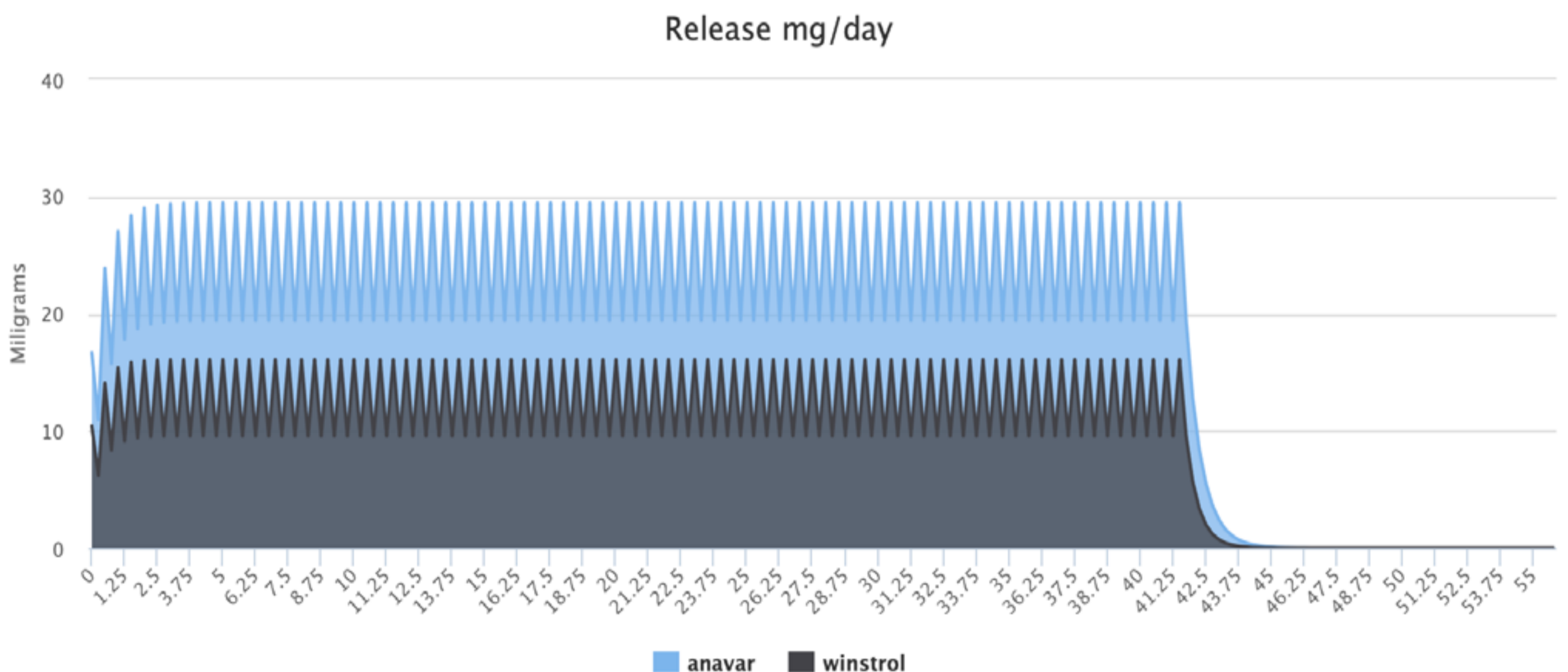
This combination offers a balance between muscle growth and strength enhancement. Winstrol adds an extra edge in lean muscle definition but should be monitored closely for side effects.

**Duration:** 6 weeks

**Dosage:**

-Anavar (Oxandrolone) 10 mg daily

-Winstrol (Stanozolol) 5 mg daily



**PCT:** Not required for women; only use N2Guard for the whole cycle and eight weeks after the cycle is done.

**Intermediate Female Cycle**

<b>Week</b>	<b>Supplement</b>
1	Anavar 10mg/day + Winstrol 5mg/day + N2Guard 7 caps/day
2	Anavar 10mg/day + Winstrol 5mg/day + N2Guard 7 caps/day
3	Anavar 10mg/day + Winstrol 5mg/day + N2Guard 7 caps/day
4	Anavar 10mg/day + Winstrol 5mg/day + N2Guard 7 caps/day
5	Anavar 10mg/day + Winstrol 5mg/day + N2Guard 7 caps/day
6	Anavar 10mg/day + Winstrol 5mg/day + N2Guard 7 caps/day

## 10. FEMALE STEROID CYCLES

### 3. Advanced Female Cycle:

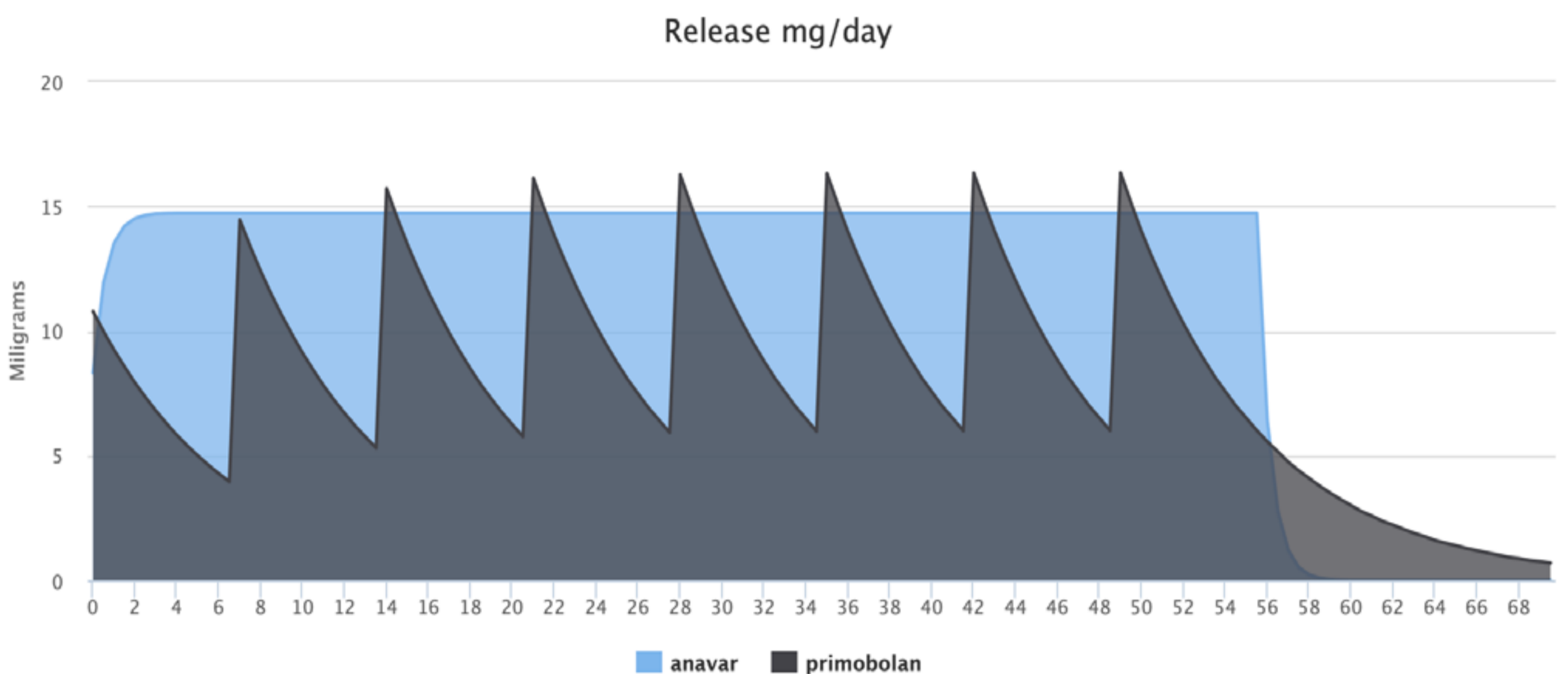
Combining Anavar and Primobolan provides substantial anabolic effects while keeping androgenic side effects to a minimum. This cycle is suitable for advanced female athletes aiming for peak performance.

**Duration:** 8 weeks

**Dosage:**

-Anavar (Oxandrolone): 10 mg daily

-Primobolan (Methenolone Enanthate): 100 mg weekly



**PCT:** Not required for women; only use N2Guard for the whole cycle and eight weeks after the cycle is done.

**Advanced Female Cycle**

Week	Supplement
1	Primobolan Depot 100mg/wk + Anavar 10mg/day + N2Guard 7 caps/day
2	Primobolan Depot 100mg/wk + Anavar 10mg/day + N2Guard 7 caps/day
3	Primobolan Depot 100mg/wk + Anavar 10mg/day + N2Guard 7 caps/day
4	Primobolan Depot 100mg/wk + Anavar 10mg/day + N2Guard 7 caps/day
5	Primobolan Depot 100mg/wk + Anavar 10mg/day + N2Guard 7 caps/day
6	Primobolan Depot 100mg/wk + Anavar 10mg/day + N2Guard 7 caps/day
7	Primobolan Depot 100mg/wk + Anavar 10mg/day + N2Guard 7 caps/day
8	Primobolan Depot 100mg/wk + Anavar 10mg/day + N2Guard 7 caps/day

# 11. CYCLE ADJUSTMENTS AND TROUBLESHOOTING

Navigating steroid cycles involves understanding not only how to start and complete a cycle but also how to adjust and troubleshoot it when issues arise. Below are key areas to focus on for cycle adjustments and troubleshooting.

## 1. Monitoring Side Effects

### Common Side Effects:

**-Gynecomastia:** Often caused by elevated estrogen levels. To manage this, include an Aromatase Inhibitor (AI) like Arimidex or Aromasin in your cycle. The amount to take should be tweaked to your own needs; this is why we did not include a standard AI dosage in the cycles because your needs will be different for each individual, so you have to tweak the dosage to find the right amount you need.

**NOTE:** Visit the steroid forums if you need more help making a decision about the right AI to use and how much. Go to [Evolutionary.org](https://www.evolutionary.org) or [EliteFitness.com](https://www.elitefitness.com) and make a post outlining your states and unique cycle. There will be plenty of bros there ready to help.

**-Liver Toxicity:** Especially common with oral steroids. Use liver support supplements such as N2Guard throughout the cycle. Regular liver function tests are essential. For longer cycles, including harsh compounds like Trenbolone, you want to make sure to use N2Guard all the way through the cycle and PCT.

**-Cardiovascular Issues:** Elevated cholesterol levels and blood pressure. Omega-3 supplements, regular cardiovascular exercise, and a diet low in saturated fats can help manage these risks. N2Guard contains several ingredients that are great at helping you maintain heart health.

# 11. CYCLE ADJUSTMENTS AND TROUBLESHOOTING

## **Adjusting for Side Effects:**

**-Reduce dosage:** If side effects are severe, reducing the steroid dosage can alleviate symptoms. Cutting your dosage by 25% to 50% will eliminate most of your side effects.

**-Switch Compounds:** If a particular steroid causes significant issues, consider switching to another with a milder profile. Many bros using Trenbolone will experience side-effects, so they may switch to something like Primobolan to get some of the same enhancement while keeping side-effects low.

**-Add Supplements:** Incorporate supportive supplements to manage side effects (e.g., milk thistle for liver health, CoQ10 for heart health). All of the supplements you need are included in the N2Guard formula, but you can still purchase standalone ingredient supplements for specific needs.

## **2. Hormonal Imbalances**

### **Testosterone Suppression:**

-Older men over 35yrs should use HCGenerate during the cycle to maintain testicular function.

- Incorporate Selective Estrogen Receptor Modulators (SERMs) like Clomid and Nolvadex during Post-Cycle Therapy (PCT) to restore natural testosterone production.

### **Estrogen Management:**

-High estrogen levels can lead to water retention and gynecomastia. Using an AI can prevent the conversion of testosterone to estrogen.



# 11. CYCLE ADJUSTMENTS AND TROUBLESHOOTING

## 3. Cycle Length and Dosage Adjustments

### Cycle Length:

-Beginners should stick to the shorter cycles outlined in this book, while more advanced users who know how their bodies will react to each compound can go for the longer cycles.

-If side effects become unmanageable, consider shortening the cycle and going into PCT earlier.

## 4. Infection and Injection Site Issues

### Infection Prevention:

-Always use sterile needles and practice proper injection techniques to avoid infections.

-Rotate injection sites to prevent tissue damage and scar tissue buildup.

-You will know you have an infection if you develop a painful lump at the injection site that has a light center with a darker ring around the injection site. The way to tell the difference between normal injection pain and an infection is that the normal pain will get better as the days go on while an infection will get worse day after day.

Note: The only way to get rid of an injection infection is to have a medical procedure where the puss is drained; there aren't any other effective ways to deal with an injection site infection, so keep in mind that prevention is always the best policy.

### Managing Injection Pain:

-Warm the oil-based steroids in warm water to body temperature before injecting.

## 11. CYCLE ADJUSTMENTS AND TROUBLESHOOTING

-Inject slowly and use a clean needle to draw and a new needle to inject, never use the same needle for both.

### 5. Mental Health and Behavioral Changes

#### **Aggression and Mood Swings:**

-Monitor mood changes closely. If aggression or depression becomes an issue, consider reducing the dosage or ending the cycle. Some compounds will affect your mood more than others; through experience and trial and error, you learn which ones you can tolerate and which ones you should stay away from.

### 6. Plateauing and Cycle Stagnation

#### **Breaking Plateaus:**

-Incorporate different compounds to keep the body responsive.

-Make sure you are eating enough protein to support continued muscle growth.

-Adjust training intensity to complement the cycle and promote continued progress. Progressively increase your load as you get stronger to keep challenging your muscles.

#### **Stagnation Strategies:**

-Introduce SARMs or peptides to break through performance plateaus.

-Re-evaluate and optimize your diet and training regimen to support anabolic goals.

# 11. CYCLE ADJUSTMENTS AND TROUBLESHOOTING

## 7. Post-Cycle Therapy (PCT) Adjustments

### **Customized PCT:**

-Tailor PCT based on the compounds used, cycle length, and individual response. The guidelines in this book come from decades of user experience and will work for most of you, but still, over time, make sure to learn how your body responds and adjust your PCT accordingly.

-Ensure PCT includes SERMs and natural testosterone boosters like HCGenerate to expedite recovery.

### **Extending PCT:**

-If natural testosterone levels remain low after standard PCT duration, extend PCT protocols under medical supervision.

-You can run a standalone PCT regimen even if you did not run a whole steroid cycle; the PCT regiment outlined in this book will help any man increase their testosterone levels, natty or not.

## 8. Regular Health Monitoring

### **Blood Tests:**

-Conduct comprehensive blood tests before, during, and after the cycle to monitor liver enzymes, cholesterol levels, and hormone levels.

-Adjust the cycle based on blood test results to maintain health and safety. Always add N2Guard to your regimen if you cholesterol or live enzymes are on the high end.

## 11. CYCLE ADJUSTMENTS AND TROUBLESHOOTING

### **Medical Supervision:**

-Regular check-ups with a healthcare provider familiar with anabolic steroid use can provide essential oversight and early detection of potential issues.

By diligently monitoring your body's response and making necessary adjustments, you can optimize your steroid cycle outcomes while minimizing health risks. Always prioritize safety and consult healthcare professionals throughout your journey.

# 12. LIVER SUPPORT AND PCT

The Essential Role of N2BM Nutrition Products During PED Cycles!

The world of performance-enhancing drugs (PEDs), including peptides, steroids, and Selective Androgen Receptor Modulators (SARMs), offers athletes and bodybuilders a shortcut to achieving their physical goals. However, these gains do not come without risks. The use of PEDs can put significant strain on the body, particularly on the liver and the body's hormonal balance. This is where N2BM Nutrition steps in, offering products like **N2Guard** and **HCGenerate**, designed to mitigate the adverse effects associated with PED use.



## Protecting the Body with N2Guard

**N2Guard** is a comprehensive organ support supplement crucial for anyone undergoing a cycle of PEDs. The liver, being the primary organ responsible for detoxifying the body, bears the brunt of processing these powerful substances. Over time, this can lead to elevated liver enzymes, indicating stress and potential damage. N2Guard's formula is designed to support liver health, detoxify the kidneys, maintain healthy blood pressure, and ensure overall organ function is preserved. Its blend of antioxidants, anti-inflammatories, and essential nutrients replenish what the body loses during PED cycles, making it indispensable for maintaining long-term health in an environment of enhanced performance.



### **Supporting Hormonal Balance with HCGenerate**

The end of a PED cycle often leads to a challenging period where the body's natural hormone production, particularly testosterone, is suppressed. **HCGenerate** is specifically formulated to kickstart the body's natural testosterone production, an essential aspect of post-cycle therapy (PCT). A well-conducted PCT is crucial for retaining muscle gains, restoring hormonal balance, and preventing potential side effects like gynecomastia and testicular atrophy. HCGenerate, with its natural ingredients aimed at stimulating the Leydig cells in the testes, ensures that the transition off PEDs is as smooth and efficient as possible, safeguarding the user's health and the gains they've worked so hard to achieve.

### **The N2BM Philosophy: Prevention is Better Than Cure**

N2BM Nutrition's product range embodies the principle that prevention is better than cure. By addressing the potential risks associated with PED use proactively, N2Guard and HCGenerate play pivotal roles in any PED cycle.

## 10. LIVER SUPPORT AND PCT

They not only protect against immediate adverse effects but also contribute to the longevity and sustainability of the user's health and achievements in bodybuilding or any other physical discipline. Ignoring the importance of such support supplements can lead to irreversible damage and long-term health issues, making the use of N2BM Nutrition products not just advisable but essential for responsible PED use.

In conclusion, as the use of PEDs becomes increasingly common in the pursuit of physical excellence, the significance of products like N2Guard and HCGenerate cannot be overstated. They represent an essential investment in one's health and future in the realm of enhanced physical performance. By choosing N2BM Nutrition's support supplements, users are not just protecting their gains but also their well-being, ensuring that their journey towards peak physical condition is both successful and sustainable.



[Click Here to buy N2Guard](#)

[Click Here to buy N2Generate](#)



# UNDERGROUND **STEROID CYCLES** HANDBOOK

## **Dear Reader,**

Welcome to a journey through the intricate world of anabolic enhancement. My name is George Spellwin, the author of this book and your guide to understanding and navigating the complex terrain of chemical enhancement drugs.

The mission of this book is to provide you with scientifically grounded, unbiased, and practical information about chemical performance enhancement. Through decades of research and extensive real-world experience, I've come to recognize the power and pitfalls of these potent compounds. You can make some good gains without risking your health with proper knowledge and responsible use.

The world of anabolic enhancement is shrouded in controversy and misinformation. My goal is to clear the fog with clarity. Whether you are a seasoned bodybuilder, an athlete looking for that competitive edge, or a newcomer curious about the effects of these drugs, this book aims to equip you with the knowledge you need to do this right.

As an advocate for safety and ethical responsibility, I emphasize the importance of understanding both the legal implications and health risks associated with the use of performance-enhancing drugs. This book does not endorse the illegal or unsafe use of steroids or other drugs.

I have always believed that education is the most powerful tool we have. By sharing detailed drug profiles, user experiences, and the latest scientific research, this book serves as an essential resource for anyone looking to understand the impact of these drugs on human health and athletic performance.



# UNDERGROUND **STERIOD** CYCLES HANDBOOK

The landscape of anabolic enhancement is continually evolving, with new research and substances emerging at a rapid pace. This book provides a solid foundation, but it is only the beginning. I encourage you to keep learning, stay informed, and approach anabolic enhancement with both curiosity and caution.

Thank you for trusting me as your guide. Let's embark on this journey together.

*George Spellwin*  
Research Director

**George Spellwin**  
[elitefitness.com](http://elitefitness.com)