

A hands on guide to what the hell steroids are.

I thought after years of being in the steroid game I thought I would write a quick book on steroids that is different to all others in the hope that some of you may find this hands on approach indispensable.

Many books have been written all about steroids, half lives, detection times, how they work, anabolic androgenic ratios, dosages, the effects they have, in depth chemical profiles, professional cycles etc etc etc but to the novice it really doesn't mean shit. So I thought I would write an account of how each steroid feels to the user in simple terms.

You may be wondering what my qualifications are, well for 10 years I have been involved in steroids in a country with dubious legalities over them, which basically means they aren't legal, but they aren't illegal either. Due to this hobby / work of mine I have tried a huge majority of steroids and thus will give you my personal insight.

Let me start off by telling you steroids are generally totally safe if used correctly, not addictive, however you will want to be bigger and bigger and want to feel great and that in its own is addictive, if you can control them, they will give you the life you desire. If you cant they can make you a bit screwy.

Having said that they are not addictive in the sense that they create withdrawal symptoms and you crave for them, if you do a proper pct, and taper off well, you wont even realize you have come off, you wont have any withdrawals apart from your decreased recovery time lifting a little less and maybe a temporary shift in emotions for a few days....

On the other hand used in moderation I have never had any single form of negative side effect on my health from steroid use, neither can I say any of my clients have ever had a problem attributed to steroid use, in fact I feel better than ever.... Right disclaimer over.....

Hope you like the book . I don't know where you where you found it from but make sure you visit me at www.fedyanasosovich.com
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ps that's not my real name ;)

So whats it all about.....

A lot of material on steroids will explain things so in depth that you will lose yourself, and others explain it in such a text book way that its useless as everyone will have a different experience with steroids and it doesn't have the text book effect.

The main things you need to understand is some steroids make you stronger and some bigger, and some both, some will make you faster and more explosive and some will cut you. You have to take each steroid for the effect it has on YOU and the synergistic effect.

People talk about steroid binding affinity and androgenic/anabolic ratios and class I or 2 steroids. most of it is textbook crap.

Steroid binding affinity is how well the steroid binds to the receptor, the better it binds to the receptor, the more of a body building or fat shedding effect it has allegedly.

Also androgenic steroids give you more of a strength boost and anabolic steroids give you more of a mass boost.... This is in simple terms as there are other factors involved also....

Lastly there is also the concept of some steroids work by binding to the receptors and other steroids work simply by other pathways in the body....

I would like to say all these methods of calculating the effects steroids to really be out dated and each steroid should be took through personal experience to see how it suits you.

The last thing I want to talk about is many people talk about aromatization estrogen conversion progesterone prolactin etc.... Even if you take steroids that don't aromatise (convert to estrogen) the simple fact that you have more testosterone means that your other hormones will rise also. When this happens don't sit around trying to calculate if its estrogen progesterone or prolactin, take some nolva, take some letro and if it doesn't go away, change your gear or cut it. You will tell by puffy nipples overly bloated feeling and sore / lumpy nipples (if you get to this stage seriously you

need to take your nolva and letro and change your gear immediately to something less harsh that suits you)

What I want to give you is an insight as to what each steroid feels like and what place it will have in your workout.

One thing that you should learn is the half life of each steroid. The lists on half life times are quite correct but even then a lot of times with injectable steroids, you can burn it out of your system with intensive cardio, sometimes the compound gets released slower or faster.... So you need to be able to feel and gauge what it feels like...

You can find endless cycles on the internet but my personal advice is this...

Go with tried and tested half lives and injection times and follow these protocols.

Go with tried and tested dosages...

And end your cycle tapering off with orals whilst the injectable comes out of your system and then proceed with pct.....

The first thing I always tell people is what do you want to get out of using steroids...

If its bigger and stronger I would recommend the following.

Anapolon Dianabol Testosterone Trenbolone IGF HGH

If its to cut I would recommend the following

Winstrol Anavar Primo Clen Eph t4 trenbolone hgh

If its to remain in the same weight category with strength gains I would recommend the following.

Winstrol Halo and if using a calorie deficient diet Test suspension / test prop. Low dose hgh

If its to look like a model

Anavar Winstrol Deca Test prop Primo hgh

Not all at the same time lol but meaning to choose from this pool of gear you can choose from.

The next thing you need to do after you have decided what your goals are is to pick out the gear you want to use and what works with each other, below you will find a list of whats synergistic.

Test will go with anything

Winstrol dianabol and halo go with anything (try not to use 2 orals together, maybe anavar + winny or anavar + halo but that's it really)

Deca tren anavar and primo should not be used with each other as their effects are similar and wasted, and or are derivatives of the same substance. Having said that test tren var is an excellent combo ... But the others of tren + deca or deca + var or primo + tren or primo + deca or primo + var i dont reccomend... They dont work so well synergistically ... Im not saying it wont work... Im just saying its not the best value for money / not the best result for gear used.

You could go Dianabol to kickstart the cycle, then run 12 weeks of deca test and winstrol, and then the last 2 weeks when your deca is leaving end with var, as your not running deca and var at the same time.

These are just examples.

I favour kickstarting a cycle with your chosen oral for 4 weeks and ending your cycle for 2 weeks with an oral after the injection, dosages can be found everywhere.

So firstly I would say choose a steroid from the list of what your goals are, then choose which 2 or 3 steroids you would like to use together from the above list and you can custom create a cycle.

Bear in mind what causes hunger and whats useful for cutting etc.

Hope this helps.

People always ask me for sample cycles. You can find these also at www.fedyanasosovich.com in

another book ... Its basically premade cycles from the above pool of steroids.

The actual combinations are endless so I prefer to give you the pool and you can choose what you like, I explain them in detail on the above website so its easier than actually writing everything out here.

When it comes down to the safety of using steroids I recommend some simple advice

1 learn how to inject properly aspirate use clean needles.

2 do blood tests, take your blood pressure don't overdo it with the orals, but bear in mind that doctors prescribed oral dosages and lengths of time are greater than body builders so don't worry about dropping dead

3 If you feel a steroid is too powerful for you to cope with, cut back the dosage, or stop it and taper off your cycle with something else.

4 The mental effect of steroids... the best way to describe steroids is they make you more of what you are, I mean lets face it your putting into your body, more of what you already have... So if you're an asshole with issues youll have more issues and be more of a roid rage asshole... If your cool as hell your confidence will go up and people will love you.

Orals.... Since most people start off being shit scared of shooting

Most people start off here as they don't want to shoot, they think fuck that im not a junkie/ I hate needles/ whatever.

The main difference between orals and injectables is the amount of time they last in the body injectables can last around a week, orals under a day.... So you need to take a constant uptake of orals to keep your body in steroid mode...

When you take steroids your body stops producing test and keeps you constantly anabolic so even if your starving you don't lose muscle your always growing.

If your body goes out of steroid mode, because you take a small dose of orals in the morning by night you have no gear in the system so your dick might not work and you might go catabolic.... Because you are taking steroids, your body shuts down natural production, and then if you don't take the oral it doesn't have time to go back to natural production yet....

The upside to orals lasting such a short time is that they are power packed and you feel that bang the downside is orals are harsh on the liver. The good thing is if you feel like the side effects are too strong its out the system soon. Lets say your taking dbol and you can cope with the hunger, in a few hours its out the system your appetite goes back to normal. Lets say your taking deca, it can screw up your dick for weeks if you don't react to it properly and you need to know how to make a recovery lol.

Please remember that the following accounts are all personal experience so are not hard text book facts. Also bear in mind, all the gear has always been sourced straight from pharmacies hospitals or extremely high quality labs.

Anadrol/Anapolon

I found this stuff to be quite mild in comparison with what most people think, probably because of the dosage, if you look at it mg per mg its not that strong, so you might be taking 50mg but it's a weak 50mg, but definitely has an effect, you will gain the pounds, you will pack on the water and fake muscle. I found whilst I was on it that, I had reduced cardio ability, really could not go through with the cardio, but I definitely felt anabolic and pumped and enjoyed my workouts. It was like a mild version of dianabol, I also personally found that it had less estrogen conversion than dianabol so the bloat wasn't so disgusting it was more of a pump.

Anavar

This stuff is amazing however the price is the downside, to me anavar always felt like an expensive supplement, more of a stimulant or like a booster than a steroid, at under 50mg it would feel like I was constantly muscularly refreshed. At 75mg+ it would feel like my muscles always had fuel to them so they could perform. Even on calorie deficient diets your strength will still increase and you wont lose the muscular endurance. However the real part where anavar shines apart from being safe and mild on the liver is its fat burning effect. I find it better than straight fat burners such as clen or eph as it works directly on the fat stores.

Bolasterone or Dimethyltest.

This is a weird one, at 50mg a day it felt like it was a bit of a half assed steroid and wasn't complete, hence why its not popular I guess. It didn't feel like it had a use in the gym as I wouldn't feel a determinable difference, It didn't feel like I got insane strength gains it didn't feel like I would be bulking it didn't cause water retention or gains of sorts, all it felt like is that, it would absorb food faster and give me a bit of strength and would make my dick hard and that was pretty much it. It felt like it was missing an aspect to it so that I could say ok its for bulking or for cutting, it was neither nor really.

Dianabol

Haha what can I say about dianabol this is really legendary and for a reason. It will make you a man. This stuff goes in the body leaves its mark and leaves out fast, it has a really quick half life, I found I would take 5-15 mg ever few hours, totaling anywhere between 50 and 80mg a day.

Around 50mg I found that it would make me digest fast, make me hungry make me pack on water, really its all water, made me stronger and make me grow and grow and grow and lift and lift and grow and lift and feel fucking euphoric and love pumping iron.

Around 80mg I felt like I was a monster the water retention was insane the bulk was everywhere you were just like a tank but it came with a load of fat, and the minute you stopped the cycle, you would piss it all out and lose it all in a matter of weeks.

It doesn't really have a use I don't believe other than teaching you what it feels like to be a bodybuilding beast so that you have something to aspire to when you pack on the size and its muscle instead of just water.

Maybe 3 weeks kickstart a cycle and then switch to something else, but you already have that feeling in you !

Halo

Halotestin is definitely toxic, most people talk about toxicity and they worry about it, but you don't see it. Halo is bloody ghastly, I usually take orals on an empty stomach. I tried that for 3 or 4 days and I was useless, I would take the halo and 1 hour later feel like I got punched in the liver. Then after that the pain would go away, and for 2 hours I felt like I just couldn't move I had no strength or will to train. Then after another hour or so I got my boom back.

The effect of this stuff at 10mg per day is like 150mg winstrol. You feel hard, you feel strong, you feel like you have explosiveness but the irony is, you feel superhuman but your just a little stronger. My central nervous system felt like I could EXPLODE but in practice I couldn't lift that much more.... I could lift and hit maybe 10% more whilst on the halo... But my nerves felt like I was going to lift double and hit like a mule.... Maybe if I was on it for weeks on end I could see results but it was just too harsh to bear you can feel the toxicity.

Methyltestosterone

This is utter crap, it does nothing apart from shut your dick down a bit and have some sort of very weak steroid like effect, you can tell something is in your body, and it wants to make your dick act in a way but doesn't... It wants to make it hard but cant but its already shut you down so you need to keep taking it very often but even then its crap it tries to make you feel anabolic and maybe a bit strong but it falls short, it just hit the target at all..

Doesn't make you feel like crap or good or anything specific, all I do know is if I doubled the dosage it would manage to have some sort effect, like making me feel mildly strong but the sides from making you feel like shit would go through the roof. I would say this is the definition of a generic steroid, if you take enough of it, you will get a bit of all the benefits with a bit of all the side effects and you get nowhere fast.

Methyltrienolone

This stuff is mythical as you are supposed to take it and then drop dead. The truth is I took it for quite a while on tiny tiny dosages, and I found it to be less harsh on my liver than halo.

The effects are not really comparable to other steroids as it was not a whole body/ muscular experience. It was the same every time, I would take it, then I would feel a pinch in my eyes, like they were adjusting, I don't know how much of an effect it had on my brain, but at that point in my life I had issues... I'm led to believe this could have caused them without me realizing. It's very subtle, after you take it and you feel that pinch you don't feel anything else.... No water retention no evident anger no pump nothing, then you walk in the gym and you feel like your natural strength is just through the roof, it's almost like a tendon strength... It's just through the fucking roof..... You become superhuman... But it doesn't come with aggression in the lift, it doesn't come with growth, or a pump or water retention. It's just like a natural strength. But I don't know the price mentally you pay, as it definitely does something to your head when your eyes pinch.

Mohn

This stuff feels a lot like the night time version of anavar, what anavar does to me during the day, this stuff makes me feel the next morning !!! I think because of the price I cant really complain, it's a weird sensation it makes you recover and wake up the next day feeling refreshed, and if you take it late afternoon it will give you that effect of boosting you into the late night.....

Again doesn't feel like a steroid but more of a boost. Anavar is more of a muscular boost however in terms of muscular endurance no comparison 100 times anavar hands down,

however mohn in terms of refreshing your central nervous system your mind and waking up good and feeling fresh into late night, wins. Its like a non jittery refresher. Cant say I saw a difference in cutting etc but I can say it would have its place in a cutting cycle as it doesn't make you hungry and you can go a long time with out food.

It's a good cheap cheerful option for those that don't like being jittery but want a stimulant like boost effect.

Primobolan

In a weird way very similar to anavar but at the same time completely the opposite. You definitely feel it has a very muscular effect, but where anavar makes the muscle wake up and feel like it can go on and on and on. Primo has this effect where it makes the muscle feel like lava. It only lasts about 40 minutes though and then I felt like it was all out of my system. However it left me feeling good refreshed and happy, with no sense of shutdown even though it was in and out so fast.

Can I see a point in primo ? not for that price, if it was really cheap as its not liver toxic I guess I would take it as a boost for training, but definitely not my first option.

turanabol

Definitely a steroid that delivers, many people consider it to be like a weak dianabol, it does have that feel to it, personally I like it, it feels anabolic, it feels like you get a bit of strength out of it and surprisingly your muscular endurance improves and water retention really is kept to a minimum, even though most gear will cause the water retention, this in a sense feels mild, however it does deliver. The only problem I had with this is the shutdown, It felt like it lasted a long time in my system about 8 hours if no more, and for some reason after a few days, my dick wouldn't respond well, obviously if you shot test this wouldn't be an issue, but most people who shoot test would want to do turanabol with it, its effects feel very similar to low doses of test, if I were going for inj + oral it would be test and winny hands down. But if you can cope with a bit of a limp dick and you want a good cheap all round oral for some strength size and endurance with low sides go for it....

winstrol

If you could open up the dictionary and look under Steroids - It should have a photo of winstrol and say STRONGER BIGGER BETTER FASTER MEANER LEANER.

If dbol is the mass monsters choice and its been created perfectly, this is the perfect strength and explosiveness choice. With the exception of halo and methyltrienolone, which are not really feasible to use, winstrol is the steroid that gives you the biggest explosive and strength gain, and its useable too because it comes with a bit of bulking up.

Personally even though everyone says winstrol will dry you out, It still causes water retention. It will still cause gyno, it is a powerful steroid and thus wether it causes effects through progesterone or through natural estrogen stimulation it doesn't matter, were looking at a hands on approach here, and the fact of the matter is, you will put on mass you will pump up you will look good, However you may have a bit of bloat. One person can take winstrol and get dry and shredded and hard , another will look puffy. What its down to simply genetics I suppose. Ive seen 2 people share a packet of winstrol, one looking like bruce lee and the other like a puffy stallone....

However at the same time, you will dry out in your muscles and tendons joints ligaments and this on the one hand feels amazing as you turn into a fucking badass rock tank motherfucker. However on the other hand, if you squat, lift heavy, box, kickbox etc, your joints will get damaged very fast whilst on cycle.

Which also comes to another issue, winstrol is weird, some cycles you can take it and your dick will be perfect like a rock, other cycles you get a bit of an impaired ability to get your dick rock hard.... Each person reacts differently and you should take this into account.

Last thing I like about winstrol is its versatile In terms of bulking and dietin,g if you use it with test you can go for more strength more lifts more bulk, if you use it alone and go on a protein only diet, it doesn't make you hungry like dbol does, in fact it has an almost appetite suppressing effect. Whereas anavar is billed for burning fat directly, winstrol may not have a fat burning effect, but you can go without food for hours on winstrol and feel perfectly fine energetic and not hungry at all.

All in all I may have a biased view against some steroids, due to my background, I'm sure. If I was a long distance runner I would much prefer Anavar, Mohn and Primo, whereas you can see I strongly favour Dianabol and Winstrol. Like I said everything has its place and depending on your background and what you want to achieve I would say choose the orals that suit your goals.

A short note on how to use orals I find they have 2 or 3 places in a cycle,

They give you a powerful kick to your workout, but you need to time it to fit in to your routine, if your going to workout at X time, take your Winstrol a couple of hours before for example.

If your taking Dbol for bulking take some around meal time to help all your food get shoveled into the muscle. Take some before the workout for the kick also, its timing is different to Winstrol, these are things you gotta learn.

If your dieting, use it and time it correctly so you don't go catabolic whilst hungry.

If your kickstarting a cycle, use it for the first 2-3 weeks and the same with coming off cycle, taper down with an oral.

You have just finished Deca Sust for 14 weeks..... you will be shut down for 15 days - 1 month after your last injection take some orals daily for the last few weeks, so your body clears the injectable and then taper down the oral, then start PCT...

Fat burners and stimulants

There are generally a few types of fat burners, ones that raise metabolism, one that raise body temperature, ones that make your body work faster and ones that induce your body to burn fat over carb or muscle....

The types of fat burners that induce your body to burn fat are legal, they are things like CLA, and L-carnitine, these send triggers and signals whilst dieting to target fat and burn it... Yohimbine is another one that is similar. These can usually be purchased over the counter and they don't make you feel uncomfortable either so they are a good choice for people who are very susceptible to jitteriness.

If you are not susceptible to jitters and you want the strongest most powerful choice..... then your basic choice is clenbuterol, ephedrine or thyroid hormones,

Clenbuterol

This is a good choice for fat loss and anti catabolic substance at the same time, in a sense I found it weaker than ephedrine in the short term but its sides can hit you unexpectedly, even though similar to ephedrine very different.

When I would take clenbuterol, I would feel a slight level of elevated pump, better cardio ability and a bit more "in the mood" to do my workouts and everything else. It wasn't a very strong fat burner in terms of getting insane jitters like a caffeine overload there and then, HOWEVER it has a very very long half life, it lasts in your body 2-3 days so by the time you have hit the 5 or 6th day of your dosing protocol.... Its kicked in really strongly and it feels uncomfortable. When this used to happen to me, I would wake up in the morning, in the height of summer, totally carb depleted freezing my ass off starving and wondering how im gonna get out of bed... It down right sucked, however it was not dangerous to your health it was just a feeling..... So I always tell people until you learn what substances feel like in your body, always go for ones that leave the body quickly, or spend 2 -3 cycles to find the right dose for you, don't use what everyone else says is bang on. Those are guidelines

Some ppl are great with taking 60mcg some people are Ideal on 120mcg a day, I would say 2 weeks on 2 weeks off unless your using ketotifen to clear out the receptors...

Start of the first day take 20mcg, then 40 then 40 then 40 then 60 then 60 then 60 do it slowly and when you fell you found it keep that right level. Don't keep pyramiding up blindly cause 140 is the maximum recommended dosage. If you feel its too strong stay on the previous dose...

You should do this with all your gear .

Ephedrine

Ephedrine is quite a substance, borderline almost recreational when mixed with alcohol. In some countries highly illegal.

Its effects are great, its very dosage dependant and will result in a crash if your not constantly on the go or topping it up when it runs out At most I would take 25mg 2-4 times a day depending on how long the day lasted..... Every 4 hours or so with a top up would stop the crash from occurring.

In my experience the minute you take it, you feel a rush like you can breathe again all your lungs open up and pow its hit you, and you start and just cant stop. I don't find it as jittery as caffeine or clenbuterol. To me it just feels like my body is animated by an external force and I just don't stop, even if I am shattered tired and under normal circumstances would want to pass out. I just keep going like a robot.

On a side note, I also tried injectable ephedrine once, nothing to do with the tablets, it just raises blood pressure makes you feel like shit and has none of the fat burning effects, stay away, it may be the same substance to a degree but it doesn't have the same effects.

Injectable clen

This usually comes in a combo called helios with yohimbine hcl, haven't tried that yet, I only tried the injectable clen on its own. This stuff is even better than ephedrine !!! Its definitely my choice of stimulant / cutter over all others.

First of all it has a very short active half life, you feel it leaving the body, after about 4 hours. The effects the first few times until your receptors saturate are almost cocaine like.

I injected straight into the fat, suncutaneous 0,02 mg ... just 20 mcg no more, half an ml, most ppl would recommend 1 ml didn't need it...

First you feel a little numb allover, then you start sweating, and then bang your pupils dilate, and you can breathe have immense clarity you are basically on an oxygen high. You have other effects like things go in slow so your reaction times improve, you are constantly in the zone, and your pulse drops a little and feel that calm controlled feeling.

Definitely appetite suppressant and burns straight through stubborn fat topically.

However you get used to it very fast and need to follow the same on off protocol even though it only lasts in the system a few hours.

T4

T4 is a thyroid hormone, gets broken down in the body into t3, t3 is the stronger thyroid hormone of the two and is involved in increasing metabolism, thus burning fat, you can use t3 directly but I chose not to as it may screw up your metabolism permanently. Either by increasing your base metabolism up a notch permanently. Or by crashing it permanently as you have an external source of t3 it makes your thyroid gland sluggish...

The concept of using t4 is that the conversion happens and you only convert as much as the body wants to use but since you are flooding the t4 you have a higher conversion rate.

In practice I didn't feel the effects like a stimulant, being jittery etc, or saw a definite fat losing effect. I believe that it was working in the background, maybe a bit of unexplainable insomnia, maybe a bit more energy than usual, a bit more of a good mood etc. However it was not so evident like clen and eph, the only reason I don't like that is because I prefer to be able to tell what my body is going through so I can up and lower the dosage, this was very behind the scenes... However I would say it does have its place, for a longer term milder cutting cycle maybe stacked with anavar.... as opposed to the drastic "winstrol clen test tren cycle".....

Injectables

Injectable steroids are in a sense the bread and butter of putting on long term mass, it very very difficult unless you are on dbol and nolvadex for 4 cycles a year to put on any good mass without injectables. However I don't recommend this as you will want a new liver.. So once your realize you like steroids inevitably, you have to shoot. Its quite simple, ass shoulders thighs are the easiest places, clean gear and needles, look at diagrams so you don't hit any blood vessels... Aspirate so if you do, you don't inject into blood vessels... and your done.

Scientists say that the reason that injectables induce hypertrophy is because of receptor binding affinity, ie the injectable substance sticks to the receptor and signals you to grow, whereas orals are poor at doing this... I don't think it's the case, I believe its because you flood your body with the compounds day in day out whilst you sleep 24 hours a day for months on end, where as oral cycles last 4-6 weeks and you don't even have the substance in you active really whilst you sleep...

Plus your looking at 100's of mg of injectables per week, vs 10;s of mg of oral...

The down side to this is if you don't like the steroid your on, you need to taper of it, it will stay in your system for too long, or if you have took too much and feel like your too jittery aggressive overly active and want to just chill more, you need to cut back and time the dosage over the period of a week, not a few hours....

On the other hand I find that active life of injectables can be way off sometimes.... I may take enanthate and feel it working from the first day then 3 days later nothing, or on other occasions I may take enanthate not feel it at all, and get hit by it all on the 4-5th day....

Deca

Absolutely hate this because it's the only steroid that fucks around with peoples dick badly (tren too but nandrolone is the worst) . However despite this, when you get older, deca is a bit of the fountain of youth...

First off you wake up look in the mirror and you look a hell of a lot younger, secondly all your joints and injuries start to burn the first few weeks and they start repairing themselves....

Everyone recommends you take deca 12-16 weeks , ironically I feel it working nicely for up to four weeks without killing your dick.... I have seen cycles which was 4 weeks on 2 weeks off, 4 on 2 off (on the 2 off only shooting test) maximizing gains and no deca dick...

After I had experimented with this kind of cycle, I actually found a steroid guru touting it and people thinking he was crazy, personally I think its good.... Failing that I try and aim for 150mg of test for every 100mg of deca so if im on 300 deca ill try and make sure I shoot 500 test per week...

As for the bodybuilding effects of deca, it is mild, but it is quality gains.... It feels a little bit like anavar or primo, in terms of being refreshed and good recovery, (which makes sense as they are nandrolone derivates) however I felt deca did give you model like gains, good quality nice shape to the muscles and a nice oily bulky look slow to pack it on but definitely quality and kept the test from pumping you up with water and fake gains....

If it weren't for the deca dick, I would say definitely go with deca + test over test ... but too many people cant deal with the hassle of their dick hating them and needing to inject more test until it kicks in and wakes up.... One other interesting thing about deca is it helps people cut as it doesn't make your appetite go through the roof, so you can still train hard and keep your diet in check. Similar to winny primo and to a certain extent tren.

Equipoise

I found this to be a bit of a poor injectable even though it was designed for vet use,. Many people describe eq to be similar to deca, and on paper its almost like an inj dianabol, plus you get increased cardio and endurance output and increased red blood cell count. This is on paper....

In practice I didn't like it.... It felt like a bit of a poor mans steroid. It didn't quite have the sharpness or elite feel of deca, and at the same time it did have a bit of that oafish sludgy feel of dianabol. To top it all off I needed large doses to feel it working, about 400 mg per week, even then, the gains were similar to deca not such good quality but I felt like I was going through sludge all the time, as opposed to the sharp feelings of deca and var....

Masteron

Masteron is one I love and at the same time hardly ever recommend. I guess the reason is because everybody wants value for money and always ask how much does that cycle cost how much does this cost... Everyone tries to keep the cost down and thus obviously masteron would make the cycle about 30% more expensive. Plus because it doesn't have a direct use being quite weak , people don't get why on earth they should use it .

So if you take a normal cycle why should you use it ... well one of my secrets is that masteron when used with letro and mild test prop will reverse gyno to a certain degree.

Secondly masteron makes everything more potent whilst removing water retention and reducing estrogen/chance of gyno.

Thirdly when stacked with trenbolone it makes it useable if your prone to tren side effects.

So masteron has its place having said that the traditional use of masteron is 2-3 weeks out of comp to make you HARD like winstrol....

Primobolan

Nice but highly ineffective, ironically even in injectable form it feels even weaker than anavar or oral primo....

Inj primo felt like I was taking something designed to make me look like a model, it would give me this perfect skin tone, it would give me this feeling in my muscles that it was very elite and that would sculpt me, but the problem is, it just gave me the feeling but not enough results. Anavar or even low dosage of tren ace would be much more yielding for results.. I got nice skin on it and a feel of wow, your gonna become a model, feel this going through your muscles.... I would say unless you want to feel good and want something that is low side effects, or because you react well to using gear, or you don't mind taking a bit of a longer route to the body you want.... Don't bother with this.... Its like a muscular spa for men, nice Maybe you could use it for a runner, or tapering off a long deca test cycle. Or if you have a photoshoot and want to feel good....

Maybe if I never tried really strong gear, and I wasn't such a hard gainer I would like the gentle feeling of this..... Having said that I know guys who pack on muscle so easily and they love primo because they get results other people need to use a gallon of tren to get.

Test

They say test is best, in essence it really is, you see every single one of these profiles I write, I have something positive to say about the gear, but there is always a but, a downside....

Test is best because it makes you feel awesome, it does the job and it doesn't fuck your dick up, or make you oafish or screw up your joints.

From now on after all this gear im sticking with test, seriously it just feels bloody good to be on it.

Firstly it doesn't have these weird side effects. Secondly You grow bigger, shed fat (since its anti catabolic its easy to cut on it) and you feel bloody good because you wake up with a walloping hard on. It might not have that insane spurt of dbol or that crazy strength of winny and you might get water retention, but in some weird way, it feels more natural to be on to your body, it doesn't make you suffer.

Even though they say all test is the same the only difference is how long its in the body I find that depending on what you take there is a difference.

The concept is that the ester attached alters the amount of time it stays for in the body... however I also find it alters the feeling, as with most steroids what is in and out of the system fast packs a punch what stays is in longer gives you more gains.

Propionate

This ester is short acting, it would wake my whole body up when I would shoot it, and the next thing I knew I had a boner and horny as hell... Cuts you up and keeps you strong, plus you keep your gains as there is no water retention... Definitely my favourite ester of test.

Enanthate

My second favourite ester of testosterone I find this the most conducive to bulking, because it lasts long enough in the body so you can keep topping it up and not throw you out, after injection I usually feel the effects within the first 1-3 days, most people claim a 5-7 day life span of enanthate, I find it might last in the body that many days but it is too weak to have any real effect after a certain time. Its effects are very balanced because

1 it lasts a long time in the body to lay a base for orals

2 You can feel it working on you constantly, you feel its anabolic effects, you feel the increase in sex drive, you feel the strength, you feel you can diet without going catabolic.

Sustanon

I found this blend to be a bit of a mismatch. If I injected 250mg every 3 days or so I would find it too weak in the sense that each ester withers out before it has a cumulated effect in the body... If I injected more frequently I found it would turn into poor quality gains with a lot of bloat. 3 times a week of enanthate compared to 3 times a week of sustanon feels like worlds apart, the enanthate enters your body and keeps a constant level, sustanon gives you a boost the first day from the prop which is nice, even though its too weak, then you feel the boost running out, and you feel a smoother remainder feeling that seems to have weakened, then you top it up, and you keep thinking its gonna accumulate but it doesn't, because your only shooting a small amount of each ester and like I said if you shoot more, you just get too much bloat.

Decanoate

I thought this ester would be perfect because it last the longest, so hypothetically if test is test lets have test in our body for 10 days instead of 2.... But the problem lies in the fact that you don't get 5-10 days of power packed punch test feeling like with propionate you get 10 days of a steroid that feels like its designed to pick up an old man, and that's what its designed for.

Scientifically they say that the amount of test decreases as the ester attached gets heavier and longer lasting, so they describe it as say 100mg of prop is equivalent to 80mg of test in the body, whereas 100mg of enanthate is equivalent to 70mg of test in the body...

It doesn't feel like this however because you are receiving a different substance.

Any alteration to the original compound creates a different substance....

The dianabol compound is 17 alpha alkylated.... Equipoise is the same same identical substance but instead the ester is 17 beta. Yet the two compounds are miles apart.

I believe the same goes for test, compared to the power packed punch of prop, decanoate, just makes you feel like you have a really long stretched out pick me up, it never hits the spot, its just there in the background, it feels weak and it just feels like they took the effects of test and stretched it out over a week instead of giving it to you in a day, obviously anabolic anti catabolic, but doesn't have that feel good feeling about test. When taking upwards of 750 a week I could feel its effects, but it also came with uncomfortable jitteriness which I wouldn't get with other test compounds....

Test suspension

This is what its all about right here, forget when people say oh but I don't see the point test is test, bollocks, seriously bullshit, most people try 2-3 compounds because that's what they have heard of and the rest of peoples advice is the same shit regurgitated again and again allover the net. Try suspension, try decanoate and then tell me if test is test and the only difference is the ester, hypothetically 100mg of test suspension should equal about 140 of decanoate ... Absolute bullshit.

This is man in a bottle. This is what were made of, testosterone, crude and suspended in water but it is what its all about . You shoot this, and feel amazing, you are horny your dick is rock hard you have turned into an alpha male and whatever you want to do, you will fucking get it done. Hands down number 1 steroid I have ever tried.

I also found that even though everyone says its out of the system in a few hours, I don't believe this to be true..... the euphoria that hits you with a bang lasts for only about 4 hours, but I find I wake up the next day, I feel refreshed like deca or var, and am in the mood to train, with a noticeable increase in strength, not explosive strength like winny, more a muscular strength from the whole muscle having been woken up.

I find it doesn't hurt that bad when injecting, however and this is the part that's a fucking nightmare, the site you shoot in is sore the next day, when I say sore I mean fucking inflamed cant walk ouch fuck my life ive cause muscle damage and scarring for a good week and I cant re use that injection site..... oh and don't try subq, it wont dissolve and you will either end up with lumps or abcess.

If I were to bear the sides of not being able to walk again I would definitely use again, I would say use at the end of a cycle, youll be lucky if your muscles recover in a week lol.

Trenbolone

This compound is a definite all round winner, however it's the only compound whose sides I couldn't cope with if I didn't know what I was doing !! Ironic seeing as I have tried everything under the sun, that there was a compound I couldn't cope with. You see I find most steroids give you tendencies, tendency to get aggressive, but if you control it you wont get aggressive, tendency to think you own the world but if you're not a prick that's cool it wont get out of hand

Howeever Tren is another kettle of fish, you can get anxiety attacks, wake up in pools of sweat, tren dick , rage , panic, paranoia and everything else bad attributed to gear.

My secret to balancing it out ... take about only 100mg of tren ace per week or even tren hexa And 3-4 times more test, whether prop or enanthate, and take some masteron equal amounts to the tren. This will really eliminate the sides... Most people take toooo much tren ace ... if you can handle it I recommend 100mg test prop + 100mg tren ace... and you will get the perfect results but some people cant handle it.

I find trenbolone acetate to be less in terms of sides, but it was still ever so potent, both as a cutter a strength promoter and a quality mass gainer, Parabolan (trenbolone hexahydrobenzyl carbonate) lasts longer so the sides accumulate as its always in the system, but its really strong stuff in terms of gains I find marginally more mass than tren ace however you still can cut on it.

So why am I still talking about it if theres so many sides if not done correctly... Well because it's the one substance that will make you cut and grow and get big and get stronger and induce hypertrophy and hyperplasia and will do all this in low dosages and in short periods of time, basically it's the perfect steroid if you know how to use it .

HGH

This isn't a steroid, however it has its place in an elite athletes arsenal, or just if your rich and want to look and feel young. This stuff is expensive, it comes in powder form, you reconstitute it with 0.9 sodium drip or bacteriostatic water don't shake it or you might destroy it, keep it in the fridge and shoot subq, you need to be on it for months, its not a quick fix and its not as strong as most gear out there, but its long term and its miraculous. If you have cancer it can make it spread and aggravate it so it's a nono. Personally its my gear of choice. It's the only thing that will make you grow after you have done 4-5 serious cycles of steroids, and you will pack on the size and you will cut also. The downside is the ridiculous price. However if you can afford it, its your only option to go past your genetic potential once you have already done a few cycles and you find you cant grow anymore....

Dosage I recommend are around the 3 iu mark for fat burning 5 iu for growth. And anything up to 10iu if your going for your pro card !

This is what makes pro's grow.... End of story.. ive seen up to 15iu per day usage. The problem is it is most often bunk. If your hgh is good as soon as you shoot it you will feel numb a bit tingly maybe and sleepy like drowsy relaxed calm symptoms....

IGF1 – LR3

Love this stuff, its like I refound steroids again when I tried this. What dianabol did to me a decade before this did nowadays. Its powerful and it's the real deal. It's the evolution of technology in the 21st century and I can honestly understand why mass monsters are the way they are nowadays.

However be warned unless you are in a proper circle of people with trustworthy sources that supply pro's you will probably get crap and wonder why It doesn't work. Some people say constitute with 0.9 saline, others say bacteriostatic, I used 0.9 saline for lack of anything else on hand and it worked perfectly however I found it would weaken after 5 days comparatively with bac water it would last about 15 -20 days....

The other point to note is that there is a debate about im injections as it causes local growth vs subq, I use subq and I am more than happy.

The effects are nothing short of a miracle. You can eat whatever you want, and you shed fat like its going out of style, whilst at the same time putting on muscle. Didn't feel any side effects no pains no aches no aggression no tiredness nothing, just pure anabolic power.

I found that its lasts about 6 hours or so and keeps working over that period of time, whatever you eat will go to the muscle it will get burnt up and you will shed fat at the same time treat yourself go to an all you can eat and shoot some of this. (most people say post workout I say shoot post or pre meal) You should always eat after your workout with this stuff actually you should eat constantly for the next 6 hours.

If your stomach is full and your body has the carbs in it, then you wont really feel this stuff is working. However you know this stuff is the real deal if you let yourself get even a bit hungry, I made the mistake of shooting eating and leaving the house, I was out and about and 3 hours later, I got hungry, in fact I was starving, I was dizzy and I thought I was going to faint, and its not like a ketogenic feeling of starvation, it's a hard core blood sugar drop, however the safe thing about this is that unlike insulin it wont be instant coma / death. That doesn't mean be stupid about the whole thing, discipline yourself to eat, and don't try and go keto on it, you don't even need to, you shed fat whilst eating carbs.... Miraculous.

PCT

After your cycle you need to kickstart your personal test levels, so you need some post cycle therapy, one of the strongest drugs of choice for this is pregnyl, which I have never used as I didn't like the thought of injecting something synthesized from female urine kinky anyhow, the other reason I didn't use it is because people say it causes desensitizes the leydig cells to LH Lastly I have never ever had shrunken balls on cycle, and many people have this constant debate as to whether pregnyl is useful as pct or whether it should be injected on cycle to keep natural test production in check. Either way didn't feel it was for me. One of the important things to bear in pct is the half life and full elimination time of your gear, if you have been on 8 months of test decanoate... then the day you shoot your last shot your start nolva for 2 weeks, your decanoate isn't even out the system yet, so calculate your elimination time, taper down with some orals and once its all ran out hit the pct. Also train train train during pct, many ppl make the mistake of never training whilst off gear, your testosterone will recover at an amazing rate if you workout still, its almost imperative that you do. Oh and make sure you get some, actually plenty, the hornier you get the more you will produce that test and the more it will all be back in line asap. Dosages for hcg pregnyl range from 5000iu in one shot, to 1500 iu 3 times per week. For 2 weeks post cycle. Lastly people use it whilst on cycle at about 150iu 3 times per week to prevent shutdown.

Clomid

I found this to be relatively weak and definitely wouldn't chose it as my choice of pct, alone, after a long cycle I would supplement this to nolva, but I found it somewhat un necessary, I felt like it was out of my system too soon. I know its claimed to have a long half life however I felt if I didn't take it every few hours the feeling that I am gaining back natural test production regressed... However with nolvadex it felt more balanced. Definitely not my choice for pct, would go with nolva any day.

Letrozole

It feels like it totally shuts off any estrogen and water retention, depuffs you in 2 days and also kills your dick faster than a kick to the balls... This stuff makes you not even want to think about women... It is however indispensable in the war against female hormones taking over your body and chest.... I guess you have to respect the fact that at the end of the day its powerful cancer medication. It can give you serious moodswings and depression. It doesn't really have any place in pct but I included it in the section as its an anti estrogen.

How you can use it most tabs are 2.5mg, $\frac{1}{4}$ of a tab every 2 days will keep water down to a minimum and avoid the above mentioned sides. This will be enough to get rid of gyno if you run it with high dose masteron and low test propionate. This is actually my secret recipe for gyno reversal to a certain degree. Otherwise I don't recommend people to use it .

Nolvadex

The number one all rounder for pct anti estrogen depuffing and feeling good. I like nolvadex, I think this has it just right, I found it to be good for pct when timed right, no matter how many cycles I did I never had a problem getting it up after I timed the last shot / last oral/ started on the nolva, I would take 2-3 a day for the first few days then 1-2 a day for the next week or two, and by then I was up to scratch, sometimes I would stop a little early but immediately would pop 1 or 2 nolva and was hard as a rock again. Never felt any side effects, and also found that if I was overly puffy during cycle I would take 1 for the next 2-3 days in a row and looked natural again.....

Proviron

I like this however it is a bit of a fake in terms of results and effects, proviron is an androgen and it stimulates sex drive, a bit of an anti estrogen and depuffs you too, it works different to nolvadex, Nolvadex blocks the receptor from binding to the estrogen, letrozole is more powerful as it stops the aromatase from actually producing estrogen... Proviron is too an aromatase inhibitor however I believe a weak one, maybe due to its short active life or generally due to the compound itself.

The thing about proviron is that you need to know where to use it . for example if you haven't got a balanced cycle or enough test, and you take proviron every day, you will think you have enough test in your system because proviron will boost your libido and make you feel like you have enough test, because it's an androgen in a sense it will trick you. This can be quite negative as it's better to balance your cycle than patch it up.

However proviron has a nice usage to keep water bloat down, without the rebounds like nolvadex or stronger compounds such as letro. Plus it makes you a little bit hard and it has the added benefit that you can use it during pct without it shutting you down.... So you can supplement it during pct when you want to feel a bit of a boost if your coming down.

Sample pct

I want to outline a pct for you that I believe is the best you can use to keep gains plus not suffer from any unwanted sides like long term shutdown etc. It's the same I outline on my youtube video.

Example Cycle was primo + test enanthate, I would say your pct should start 2-3 weeks after your last shot of test e. so you don't lose gains switch for 2 weeks to test prop and 1 -2 weeks anavar or winstrol or dbol. Or even for 2-3 weeks of only the oral.

So your body lets the long esters come out of your system. Following this you will use 2-3 nolvadex per day for the first week and for the next 1 week one nolvadex per day 20mg... this should be enough. If you want to use pregnyl from 5000iu in one shot, to 1500 iu 3 times per week. For 2 weeks post cycle. If you want to include clomid 1 tab per day for the first 10 days post last day of oral. I think all three is overkill, better to go with nolvadex + hcg or hcg only or nolvadex only or even nolvadex + clomid.... Last resort should be only clomid.

The new range of sarms, don't think they are that strong and since the more recent negative feedback I hear

Theres some other bits and pieces here and there that sound interesting but most people say they are so crap and weak, I wasn't bothered wasting my time with them.

I must admit dimethy nandrolone sounded interesting similar to methyltrienolone, but im beyond experimenting with myself for the sake of it.... Im sure it wouldn't be hands on useable.

Then there was superdrol and m1t, they sounded too crap like methyltest sides in a bottle I didn't bother with.

Trestolone dihydroboldenone methandriol.... These have popped up recently, but they just didn't appeal to me they seemed to be anecdotal useful and just a waste of money and pinning yourself....

Lastly testosterone undecanoate capsules.... Marketed as andriol, you need about 10 dollars worth a day to feel the same effect you would with one shot of test per week so there really really really is no point even considering these...

There are some substances I have never touched and wouldn't as I don't want to drop dead, yet people hear about them in body building cycles, sometimes ask them for me and usually get the same answer. these 3 substances are DNP EPO and insulin.

Dnp is a potent fat burner, which basically sets your body on fire from the inside out, and you burn out all the fat, unfortunately dosages are so delicate, if you take too much and overdose you will also burn your brain and body along with the fat and can drop dead in as little as 4 hours from overdose.... I personally don't believe there is ever ever ever any need to use this as it is so dangerous and there are so many other options.

EPO erythropotein, is somewhat safer than dnp, its use is for endurance sports, It is basically the signal that triggers red blood cell production, the end result of taking epo is that you carry extreme amounts of oxygen with each pump around your system. Thus you become a super athlete, your heart beat drops so low however that when you go to bed you need to wake up walk around every few hours so that you keep everything pumping around ok , also it thickens the blood in effect and athletes have died of this low heart rate and thicker blood whilst asleep in the middle of the night.

If there are ultra marathon runners that can do without epo, im sure you don't need it for a better workout cause you tire easily....

Insulin. Many bodybuilders use this, many cant grow to the extreme size without this, it basically shovels everything you eat into your muscles, I wont go into the cycle of how insulin works, but when you take it, and you eat it converts your food into energy, in the natural cycle of things when you eat your pancreas produces it as it senses food.

however because you inject it exogenously, if food is not readily available and you have just injected your blood sugar level drops very fast very low, because the insulin is scavenging and looking at what to burn for energy.... And a low blood sugar level can result in coma and or death.

Unless you have hit the magic plateau of pro bodybuilders, or you are very disciplined and always have food at hand glucose or sugar pills incase it drops and you are out and about and tell people close to you, you will use insulin, I personally don't recommend you use it when there are much safer options.

As a closing note I would like to say a couple of things, the worlds of steroids is vast and it's a very in depth subject, there is an art to prescribing and using steroids to get the desired effect and sculpt the body you desire. I hope I have somewhat made it easier, than sitting through textbook data and forums to decide what you think will have the effect you are looking at. I know that unless you try it

yourself you wont know what it feels like, but I hope my descriptions will help you along with making your choices much easier.

One thing about getting your gear, because these substances are illegal in many many parts of the world there are lots of fakes and lots of scammers and lots of shit quality gear. Try to find a good supplier someone trustworthy knowledgeable etc. Don't order big on the first go incase you get burnt. Never re use needles. If you swell up locally from the gear don't worry its not because of dirty gear its because they put too much alcohol in it so as to make sure its disinfected and its irritated you, you will feel light flu like symptoms and about 3-4 days later it will subside. Try and shoot deep into the muscle and don't rub it if it hurts don't massage it just move your body around after you shoot. This will make the oil spread. If you have a lump formed or an abscess where you shoot this is a different matter to inflammation, there will be pus under the skin and it should be cut out from the hospital go and tell them. Even though this is a very rare occurrence.

Try to chose gear around 200mg / ml. Less and you inject too often. Much more like 400 will hurt like a fucker and inflame you. Also try getting pharma hospital grade gear and mixing your underground with it if you cant just get pharma.

One more thing is to get some liver cleaning / liver support I wasn't going to mention this as everybody knows it but I should do I guess so go with liv52 or with milk thistle great stuff.

Take enough protein, more than enough protein up to 2 gms per lb-kg of bodyweight when your on cycle. You need it to grow and recover. Take enough carb, but don't go down the old fashioned bulking cutting route. We want lean quality gains, not unless your very very skinny in which case I would advise doing that for your first cycle, so your body gets used to carrying some weight around.

Lastly theres some supplements worth mentioning here, Creatine is good stuff.... NO is good stuff doesn't matter what creatine you get, its good stuff, same with NO products, any of those fancy shit names etc aren't really necessary but these two compounds work, the third I would like to mention is cartnine, again in any form. Lastly for off cycle and to mix in with pct I recommend tongkat ali 200:1 these 4 deserve the respect due to them as they really work so its good to make people aware of them. There are some other natural test boosters such as tribulus, butea superba, yohimbine horny goat weed etc, the king is tongkat ali 200:1 hands down, buy it you wont regret it ;)

Hope you liked the book . I don't know where you where you found it from but make sure you visit me on

youtube <https://www.youtube.com/channel/UCx18uUf2aUg5rUidlUIaY1Q>

my website <http://www.fedyanasosovich.com> !!!!

ps that's not my real name ;) Im greek !

On that note use gear sensibly train hard eat well rest enjoy your progress and take time to have fun in life too .