



My first steroid cycle was the classic 500 mg of Test Enanthate for 12 weeks. This is exactly how it was laid out: That's the standard "go-to newbie cycle" that is talked about on the forums all the time, and is about as simple as it gets.



 [VISIT OUR ONLINE STORE](#) 

Best Testosterone Cycles | Side Effects, Results And Dosages



4. 1 • Test-only cycle 4. 2 • Cutting cycle 4. 3 • Bulking cycle 4. 4 • Post cycle therapy (PCT) 5

Testosterone results 6 Benefits of using testosterone: 6. 1 • Muscle and strength gain 6. 2 • Faster recovery 6. 3 • Fat loss 7 Testosterone side effects: 7. 1 • Water retention 7. 2 • Acne 7. 3 • Gynecomastia 8 testosterone FAQ's:

The effect of short-term use of testosterone enanthate on muscular .

Journal of Strength and Conditioning Research, 2007, 21(2), 354-361
© 2007 National Strength & Conditioning Association

THE EFFECT OF SHORT-TERM USE OF TESTOSTERONE ENANTHATE ON MUSCULAR STRENGTH AND POWER IN HEALTHY YOUNG MEN

SHANE ROGERSON,¹ ROBERT P. WEATHERBY,¹ GLEN B. DEAKIN,¹ RUDI A. MEIR,¹
ROSANNE A. COUTTS,¹ SHI ZHOU,¹ AND SONYA M. MARSHALL-GRADINSKI²

¹School of Exercise Science and Sport Management, Southern Cross University, Lismore, New South Wales, Australia; ²Institute of Sport and Exercise Science, James Cook University, Cairns, Queensland, Australia.

ABSTRACT. Rogerson, S., R.P. Weatherby, G.B. Deakin, R.A. Meir, R.A. Coutts, S. Zhou, and S.M. Marshall-Gradinski. The effect of short-term use of testosterone enanthate on muscular strength and power in healthy young men. *J Strength Cond Res.* 21(2):354-361, 2007.—Use of testosterone enanthate has been shown to significantly increase strength within 6–12 weeks of administration (2, 9), however, it is unclear if the ergogenic benefits are evident in less than 6 weeks. Testosterone enanthate is classified as a prohibited substance by the World Anti-Doping Agency (WADA) and its use may be detected by way of the urinary testosterone/epitestosterone (T/E) ratio (16). The two objectives of this study were to establish (a) if injection of 3.5 mg·kg⁻¹ testosterone enanthate once per week could increase muscular strength and cycle sprint performance in 3–6 weeks; and (b) if the WADA-imposed urinary T/E ratio of 4:1 could identify all subjects being administered 3.5 mg·kg⁻¹ testosterone enanthate. Sixteen healthy young men were match-paired and were assigned randomly in a double-blind manner to either a testosterone enanthate or a placebo group. All subjects performed a structured heavy resistance training program while receiving either testosterone enanthate (3.5 mg·kg⁻¹) or saline injections once weekly for 6 weeks. One repetition maximum (1RM) strength measures and 20-second cycle sprint performance were monitored at the pre (week 0), mid (week 3), and post (week 6) time points. Body mass and the urinary T/E ratio were measured at the pre (week 0) and post (week 6) time points. When compared with baseline (pre), 1RM bench press strength and total work during the cycle sprint increased significantly at week 3 ($p < 0.01$) and week 6 ($p < 0.01$) in the testosterone enanthate group, but not in the placebo group. Body mass at week 6 was significantly greater than at baseline in the testosterone enanthate group ($p < 0.01$), but not in the placebo group. Despite the clear ergogenic effects of testosterone enanthate in as little as 3 weeks, 4 of the 9 subjects in the testosterone enanthate group (~44%) did not test positive to testosterone under current WADA urinary T/E ratio criteria.

KEY WORDS: steroid, performance, drug testing, T/E ratio

INTRODUCTION

Anabolic androgenic steroids reportedly are abused by athletes participating in sports that require muscle strength and power (7, 18). However, they are classified as prohibited substances in sport, because their use can offer an unfair performance advantage and potentially may be associated with adverse effects on health (17). Well-designed placebo-controlled studies investigating the ergogenic effects of testosterone esters have been limited. Ehasz and coworkers (2) reported that testosterone enanthate administered at a dosage of 600 mg·wk⁻¹ was able to facilitate gains in muscular strength in resistance training and nonresistance training groups. Giorgi et al. (9) investigated the effect of testosterone enanthate (ap-

proximately 300 mg·wk⁻¹) combined with resistance training during a 12-week administration phase. It was reported that 1 repetition maximum (1RM) bench press strength increased significantly more in the testosterone group at weeks 6 and 12, with the majority of the steroid-induced improvements being made during the initial 6 weeks.

Despite testosterone being shown to have a anabolic and ergogenic effects when taken for a period of 6–12 weeks (2, 9), there is limited data on whether the effects on strength and power are evident in less than 6 weeks. Previous research has found that the greatest gains in strength were evident in the initial 6 weeks of a 12-week testosterone administration period, suggesting that the most rapid gains in strength occur shortly after the commencement of administration (9). The potential for testosterone to facilitate improvements in strength and performance over a short time period could have significant implications for the timing of drug testing in sport. Testosterone is classified as a prohibited substance both in and out of competition by the World Anti-Doping Agency (WADA) (16). The key measure to detect testosterone abuse is the urinary testosterone/epitestosterone (T/E) ratio (16). Weatherby et al. (15) reported that when strength-trained athletes received testosterone enanthate for 12 weeks, their performance on a 30-m sprint test was enhanced. Of potentially greater significance was the finding that 12 weeks after testosterone administration was discontinued, the ergogenic effect on sprint performance was maintained, although the urinary T/E ratio had returned to baseline (15). Many athletes abusing testosterone enanthate use long administration phases (12 weeks), which increase the chances of being identified by a random drug test. If the ergogenic effects of testosterone enanthate can be achieved using brief administration phases (3 weeks), athletes may be able to cycle the drug over a period of weeks instead of months, thereby receiving the performance-enhancing effects while reducing the chances of being identified by a random drug test. If this is true, this represents a threat to sports drug testing and protocols may need to be modified to increase the chances of identifying athletes using testosterone esters.

A recent publication highlighted that scientific studies indicate the usage of anabolic steroids in athletics is no higher than 6%, whereas anecdotal evidence suggests the usage is as high as 20–90% (1). One potential explanation for this is that some drug tests may not be completely effective, so that some athletes are able to pass a drug test despite using the drug that the test was designed to identify. The urinary T/E ratio is the key test to monitor

The cycle was 12 weeks of testosterone enanthate at 500mg/wk. Around week 4 or 5 I also started doing dbol at 30mg/day but only did that for a bit under 3 weeks total cause I felt it was messing with my appetite (I didn't use tudca) although I think the appetite suppression may have been all in my head.

[Cycle Report]. 12 week 500mg Testosterone cycle on a new . - Reddit



No: results will be the same once the steroid kicks in. It will make a difference however in how you plan your cycles, including how long they might be and what and where you might choose to include other types of steroids to compliment Testosterone Enanthate's effects.

Testosterone Enanthate: An In-Depth Guide - Steroid Cycles

Week	Testosterone
1	200 mg
2	200 mg
3	300 mg
4	300 mg
5	300 mg
6	350 mg
7	350 mg

Conclusion. Although 8 weeks testosterone-only cycle can help in achieving gains, they possess various side effects. Androgenic and anabolic steroids are the major drug used for this purpose, which is infamous for their side effects. On the contrary, natural testosterone boosters are organic, safe, and best for enhanced testosterone in less time.

My First Steroid Cycle | What I Would Change If I Could Go Back In Time



themeanstreets October 28, 2020, 2:25am 6. If your training is sufficiently intense, you get enough sleep, and eat well, you will definitely see noticeable results from your first cycle. I would think 500mg at your size is quite high for a first time blast though, and testosterone is a fairly slow acting hormone so maybe 350-400 over 12-14 .

Testosterone Enanthate Overview: Cycles, Dosages, Results & Test E .

Week	Testosterone
1	200 mg
2	200 mg
3	300 mg
4	300 mg
5	300 mg
6	350 mg
7	350 mg

Health Library / Diagnostics & Testing / Testosterone Test Testosterone Test A testosterone test checks your testosterone levels. Testosterone is the main sex hormone in males; however, both sexes have this hormone. Low or high testosterone may cause health problems regardless of sex.

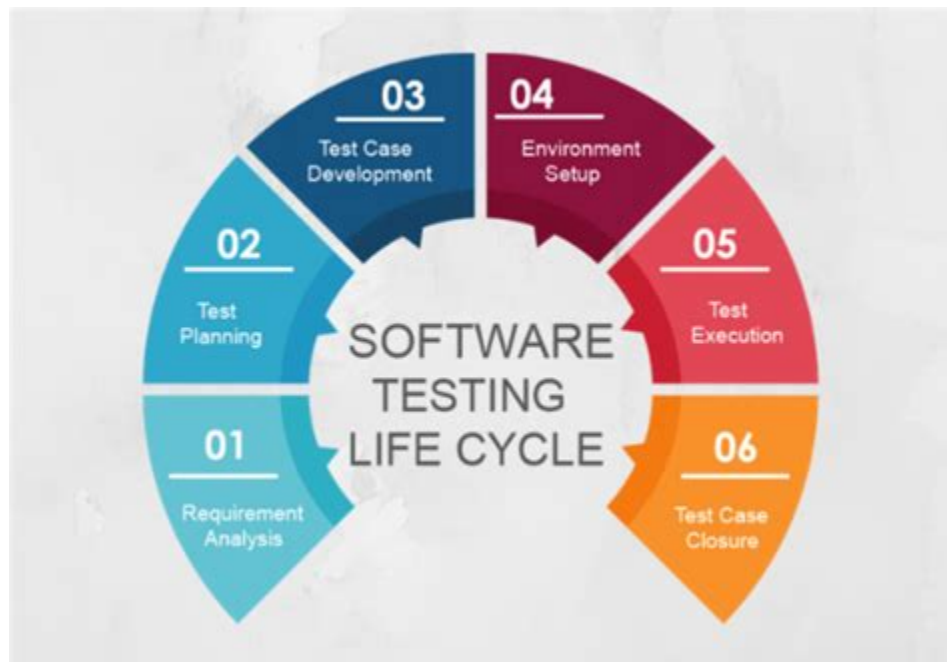
Testosterone Test: Levels, How It's Done & Results - Cleveland Clinic

Testosterone Tests

How to Test Testosterone Levels	Importance of Testosterone Tests
<ul style="list-style-type: none">Blood tests: most common; measure levels of blood serum testosterone 	<p>Mainly used to investigate various health conditions - like virilization, infertility, or PCOS - but also used to:</p> <ul style="list-style-type: none">Puberty: verify cause of ambiguous genitalia, early or delayed puberty 
<ul style="list-style-type: none">Urine tests: not accurate representations of bioavailable testosterone 	<ul style="list-style-type: none">Pregnancy: diagnose risk of growth restriction in utero 
<ul style="list-style-type: none">Saliva tests: credited as useful because reflect free testosterone levels 	<ul style="list-style-type: none">Menopausal transition: diagnose root cause of hormonal imbalance symptoms 

As for results, for someone who has never used anything before then you could expect gains of up to 20 lbs in 8 - 10 weeks on just a test only cycle. Retaining Testosterone Gains Retaining gains all comes down to your diet, your training, and your post cycle therapy. With everything in tact then I'd say retainable gains are 50-60% at best.

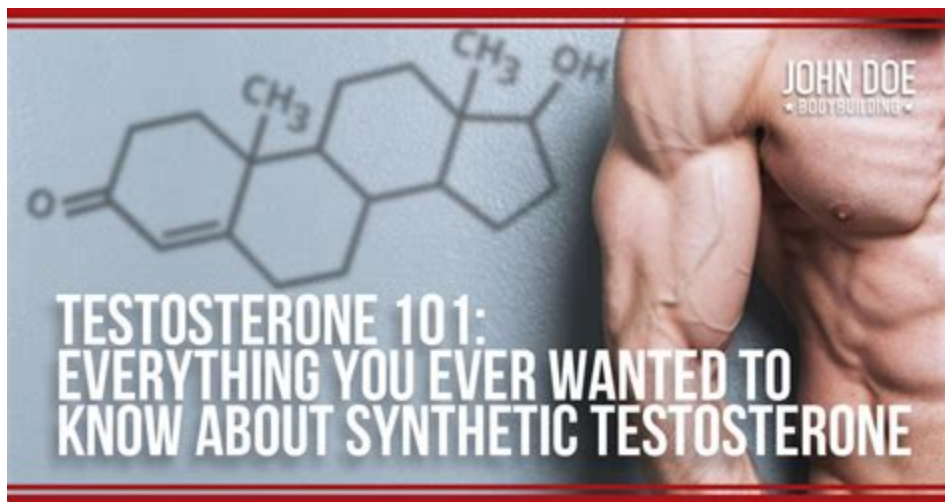
Test Only Cycle: overview & what to expect



Not only will testosterone produce the gains most beginners are looking for, such as 20-30 pounds of muscle gains and incredible strength increases, but testosterone also has no negative effects on the liver (

1), as shown in our LFTs (liver function tests).

Testosterone 101: Everything You Ever Wanted To Know About Synthetic .



The Ronnie Coleman of steroids or no wait is that Tren? Regardless, testosterone is really going to be the base of most people cycles - or might even just be the whole cycle to begin with! Of course, testosterone is going to be one of the best bang for buck anabolics.

The Best 8 Weeks Testosterone Only Cycle - whatsteroids



Examples of Testosterone Cypionate Cycles. Here are examples of Testosterone Cypionate cycles that you can follow: Example 1 (Testosterone Cypionate Only Steroid Cycle): Week 1-12: 300-500mg Testosterone Cypionate per week. This is perfect for any user who is completely new to the world of steroids. Example 2 (Testosterone Cypionate Cycle for .

First Steroid Cycle: The Ultimate Guide - Inside Bodybuilding



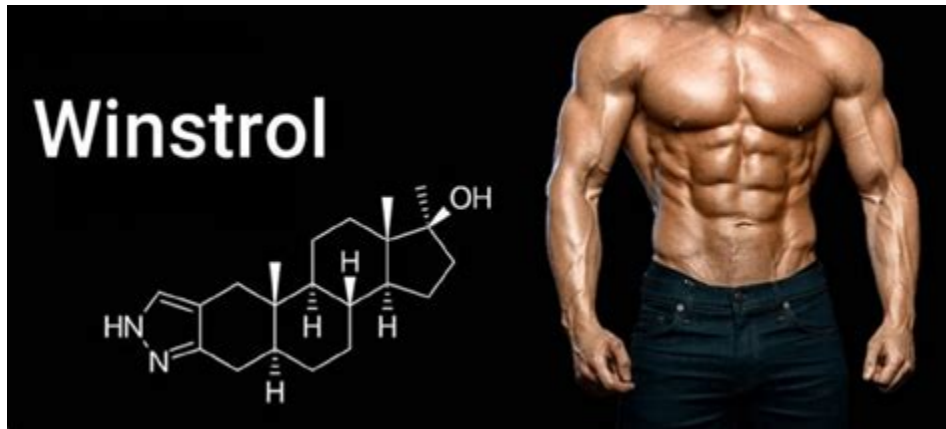
Week 13 125mg ed Week 14- 125mg ed. nipples started getting out of control and been having to take Nolva 10mg ed and 1mg of adex split into 3 doses throughout the week. Never running high test again, too hard to control e2 but did give me a nice look overall even though it was only 3ish weeks of high test.

Is An 8 Weeks Testosterone-Only Cycle Enough For Gains?



Minimize the use of heat tools (blow dryer, curling iron, etc.). Avoid hairstyles that exert tension, such as tight ponytails and updos. Gently pat dry your hair instead of vigorously towel drying .

Test Only Cycle — Extensive Guide on The Basics with Before and After .



Week 1-10 - 500mg per week Testosterone Enanthate. Week 1-6 - 25mg per day Dianabol (Dbol) Once you are done with your 10 week cycle, start your PCT 2 weeks after your last testosterone shot. You'd use Clomid at 50mg per day for 3 weeks. As a safeguard you can also use . 5mg/eod Arimidex throughout the cycle.

Testosterone Cycles for Beginners (Guide) - Steroid Cycles



This hormone increases muscle size and strength, and a testosterone only cycle is usually the first step taken for a new steroid user. Testosterone Cycle Guide When going on a test cycle you get to quickly find out how your body, and your performance and results, change as a result of boosting your testosterone levels to previously unseen ones.

Testosterone Enanthate: Dosage, Cycle And Side Effects!



The Best Intermediate Cutting Cycles for Men. In an intermediate cutting cycle, Testosterone Propionate will remain as the base steroid at a dosage of 300mg per week (in 3 injections). However, intermediate users may extend the length of the cycle up to 10 weeks. The addition of an oral compound is an option, usually toward the cycle's end.

Testosterone Cycle: Test Enanthate Cycle, Stack and Results [2020]

Week	Testosterone
1	200 mg
2	200 mg
3	300 mg
4	300 mg
5	300 mg
6	350 mg
7	350 mg

The two objectives of this study were to establish (a) if injection of 3.5 mg. kg(-1) testosterone enanthate once per week could increase muscular strength and cycle sprint performance in 3-6 weeks;

and (b) if the WADA-imposed urinary T/E ratio of 4:1 could identify all subjects being administered 3.5 mg. kg(-1) testosterone enanthate.

The Best Steroid Cycles: Everything You Need to Know



Combine Testosterone Enanthate at 500 mg per week for 10-12 weeks with Anadrol at 50 mg per day for the initial 4-6 weeks. This is a potent stack that can lead to explosive muscle gains. Users can .

What to Expect from Testosterone-Only Cycle? - T NATION



Steroids Test Only Cycle — Extensive Guide on The Basics with Before and After Pictures By ROIDS101 M. D. - September 3, 2021 0 20372 Nothing and literally nothing in the gear world is as basic and simple as a Test only cycle. It's like drawing a circle when you're going to be an artist.

A Comprehensive Guide To Choosing The Best Testosterone Cycle - Lee-Jackson



9. 1 Test & Anavar Side Effects 10 Testosterone and Anadrol Cycle 10. 1 Testosterone and Anadrol Side Effects 11 Testosterone / Anadrol / Trenbolone Cycle 12 FAQ

Here's What You Need To Know About Testosterone Only Steroid Cycles



Test Only Cycle Results. More 10 lbs. of lean mass but with a raised risk of side effects. Test Only Cycle Side Effects. The side effects of testosterone are very mild. Thus, it is considered the best steroid for beginners. As testosterone is injectable, it reaches the blood in no time. This means that it does not put pressure on the liver.

Top 7 Testosterone Cycles: The Ultimate Guide - Inside Bodybuilding



Increased Muscle Mass. One of the primary benefits of using test-E is an increase in muscle mass. Testosterone enanthate helps to build muscle by boosting protein synthesis rates, while simultaneously improving nitrogen retention in the muscles. In order for protein synthesis to occur, a positive Nitrogen balance must be present.

[Cycle Report] 1st test cycle, thoughts & opinions? : r/steroids - Reddit

JIRA Dashboards ▾ Projects ▾ Issues ▾ **Create**

Configure - Test Cycle Report

Description:
This report shows the execution details of a test cycle

Test Plan: ▾
Select the test plan for which the report to be generated

Test Cycle: ▾
Select the test cycle for which the report to be generated

JIRA Fields:

Select JIRA fields to display in the report

JIRA Custom Fields:
Select JIRA Custom fields to display in the report

Atlassian JIRA Project Management Software (v7.1.2#71006-sha1:8e7e309) - At
Powered by a free Atlassian JIRA evaluation license. Please consider p

The normal dose of Testosterone Enanthate is 200-500 mg per week. Higher the dosage can elevate the results which are 750-1000 mg per week. Testosterone Only Cycle. In the majority of cases, the higher dosage of Testosterone Enanthate is not as effective. The dosage of 500 mg is the most ideal that can also allow users to stack it with other .

Testosterone Enanthate Cycle Guide - Steroid Cycles



When To Introduce It Testosterone Propionate enters in week 7 until the middle of week 8. "Why must I discontinue test prep during the last week of cycling ?" you ask. There is a very good reason behind this. Since we meant it to be an 8-week cycle, starting recovery when test levels are still pretty high in the blood is not the best way to act.

- <https://groups.google.com/g/dinopetrilo/c/KMCGT7gL4Rc>
- <https://publiclab.org/notes/print/46489>
- <https://groups.google.com/g/88muscleman82/c/0PKOqUAdAIU>