

GBNSTORE.COM PRESENTS

5 steroids cycles for beginners



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ABOUT GBNSTORE.COM

GbnStore.COM appeared as a result of many requests for

- a source with large variety of products for different price markets
- timely response to emails
- easy and safe way to communicate with customers

GBNSTORE.COM GOALS

- to provide best buying experience
- to offer quality information
- to offer best customer support in industry
- help you achieve your goal

OUR NEW SLOGAN

GBN IS THE BEST – PUT US TO THE TEST!



1. Anavar steroid cycle

Very simple steroid cycle made just of an oral product. For people who dont want to use needles for first cycle may go for anavar (oxandrolone) for 6 weeks. This compound is pretty safe so you will not need a PCT. Using just tribulus and vitamin e after anavar cycle will be enough.

Take it according this scheme:

Here is a schedule of anavar stack cycle, where you can add primobolan @600mg/week for 10-12 weeks too. Even this will cost you more but every spent dollar on this cycle is worth it.

Weeks	Anavar			
01/06/11	40-50mg/day			

Weeks 1-6 @40mg/day

Tablets must be split throughout the day. Start taking 40mg with after meal and you can increase dosage to 50mg if you want to experiment.

2. Testosterone and Dbol stack

Testosterone and Dbol stack is one of the most popular steroid cycles.

Actually **dbol** is an **oral steroid** with active substance **methandienone**, its very popular since its effects are quickly seen and anticipating things if **PCT** is not done properly much of results of **dbol** alone cycle are gone, that is why its good to stack **dbol** with some **injectable steroid**, like **testosterone** for example. **Dbol** and **testosterone cycle** is one of the most popular **steroid cycles** among beginners who are very happy with results. In combination with hard training routine it will bring you mass, strength and faster recovery.

Here is a table schedule of how your **dbol** and **testosterone steroid cycle** may look.

Weeks	Dbol	Testosterone Enanthate	HCG	Nolvadex
1-4	40mg/day			
1-12		500mg/week (split into 2 injections per week)		
4 and 8			250ius twice per week	
14-17				20mg/day

HCG (human chorionic gonadotropin) – best way to use it is during the cycle in order to maintain testicular size or to bring atrophied testicles back to normal condition. Do not use it after cycle with **clomid** and **nolvadex** as things may worsen because of high amount of **testosterone** and **oestrogen**.



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Best way is to use it in small doses during a **steroid cycle**. It is worth mentioning that **HCG** usage should be stopped 2-4 weeks before you start PCT with **Nolvadex** or **Clomid**.

HCG may aromatize in your body heavily than on other individuals so I would recommend taking an anti estrogen if you will shoot high dosages (more than 500iu/week).

So in this case best way to use HCG is 250ius twice a week. You can inject it after first 4 weeks and then 4 weeks later, so it will be on 8 week of cycle, 4 weeks prior PCT.



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3. Testosterone and Anavar(Oxandrolone) Stack

So, first steroid is **Oxandrolone**. Oxandrolone is sold under different names but the most important fact you must know about this steroid is that it is one of the safest oral steroids available used by bodybuilders. Why? Because Oxandrolone was developed mostly for women and children and even in high dosages it causes no side-effects in normal cases. Oxandrolone is well known in medicine for its usage in stimulating growth on children and to prevent osteoporosis on women. Why do bodybuilders use this amazing oral steroid? First is the fact that Oxandrolone causes strength gain without water weight (great when you don't want any water retention); second reason for using this great steroid is that oxandrolone does not aromatize in any dosage and the third factor which makes bodybuilders love this steroid is that Oxandrolone does not suppress the body's own hormone production(!).

Testosterone is king of mass building so it will be present on this cycle. **Testosterone Propionate** is the shortest ester among **testosterone enanthate** and **cypionate** so it requires more frequent injections. Some inject it every day while most popular is every other day injections. **Testosterone Propionate** will not retain water and that is why in most cases it is used for cutting and summer cycles thus giving user good quality muscles in case cycle is combined with a diet.

Here is a schedule of anavar stack cycle, where you can add primobolan @600mg/week for 10-12 weeks too. Even this will cost you more but every spent dollar on this cycle is worth it.

Weeks	Anavar	Testosterone	HCG	Nolvadex
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		Propionate		
1-8	40-50mg/day			
1-10(12)		100Mg/EOD		
1-10(12)				
4;8;12			250iu/week	20Mg/ED
ED – every day, EOD – every other day				
HCG is used each 4th week @250iu/week				



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4. Testosterone 12 weeks cycle

As you understand there are some variations of how first steroid cycle may look but today we will start with most popular option, namely first testosterone steroid cycle.

Testosterone is king of mass building and after your first cycle with testosterone you will notice this.

Before we move to the chart, please remember next things:

- You **must** train with **high intensity**, add weight for each 3rd training, that will ensure you are moving ahead.
- eat **good food** such as: rice, oatmeal, bananas, apple, meat, eggs also have 2-3 protein shakes per day.
- **Testosterone injections** must be split into 2 injections per week (each @250mg) to keep blood levels more stable

For PCT (**post cycle therapy**) use **Nolvadex**(tamoxifen citrate) to **restore** natural **testosterone production**. Some may want to use HCG during cycle but that is up to you and your body's ability to recover however this is your first cycle and you still don't know how fast you will recover. I would suggest opting just for **Nolvadex** You will get great experience and will know in future how your body reacts.

Weeks	Testosterone Enanthate	HCG	Nolvadex
1-12	500mg/week (split into 2 injections per week)		

14-17			20mg/day
4 and 8		250iu/week	
ED – every day, EOD – every other day			
HCG is used each 4th week @250iu/week			

5. Primobolan and Winstrol(Stanozolol) Stack

Another safe cycle for beginners and not only. Many use it before a contest as it give high quality muscles.

And we know that Primobolan is popular because it works even on a low calorie diet.

So, if you want to try a safe cycle primo and winny is your choice. Here is a good cycle schedule.

Methenolone Enanthate is another popular and very safe steroid as some bodybuilders says "Primo is the King of Steroids" and there are reasons to consider this but that is subject of another article. Primobolan (Methenolone Enanthate) steroid works well even on a low calorie diet which makes it good as a cutting steroid. Plus Methenolone Enanthate has no estrogen related side-effects and has a positive effect on the immune system. It is worth mentioning that with Primobolan you get only quality muscles.

Winstrol (Stanozolol) has almost same positive effects as Primobolan the only issue some may get is acne on injection area, for example if one injects daily in shoulders.

Weeks	Primobolan	Winstrol Injectable
1 - 12(14)	600mg/week	
6 - 12		50mg/day

This cycle is safe and not so surpressive on HPTA. However you can take Nolvadex @20mg/day for 4 weeks starting with week 14 in case you did a 12 week cycle.

You can substitute injectable winstrol with oral.



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