

## **STEROID CYCLE**

Anabolic steroids are banned in many countries but they can still be bought and used thanks to their availability in the black market or on the internet. Mostly steroids users take more than one steroids at a time, that's where steroids cycle comes in, that is to maintain or take the required amount of steroids through different ways of steroids intake. Steroids cycle is the time when the steroids user is taking the steroids, which is also referred as "logical sequence" by many of the steroids users through different ways of its intake. The time during which the steroids users are not taking steroids is called off-Cycle.

### **FIRST STEROIDS CYCLE**

The average steroids cycle can last for six to 12 weeks. Before taking a steroid a user must decide or set the goal for the first steroids cycle that is a user may want to use steroids to gain weight, to lose body fat or to gain strength to lift more weight in the gym during the workout. Amongst the body builders it is a well-known fact that the first steroid cycle should only contain testosterone that is no stacking in the first steroids cycle. The intake of testosterone only can be done several times while having a proper off-cycle that will give good results to the steroids user. It is suggested to only take testosterone in the first steroids cycle so that the users body can adjust to it and to check whether the use of testosterone results in horrid reactions or not because if the testosterone only is creating problem than it is most likely that the other anabolic steroids will result in even worse reaction.

### **SHORT STEROIDS CYCLE**

It is usually suggested that the steroids cycle should not go beyond 4 to 5 weeks, as longer steroids cycle may result in many of the known side effects, therefore most of the steroids users prefer to limit their steroids cycle for 2 to 3 weeks.