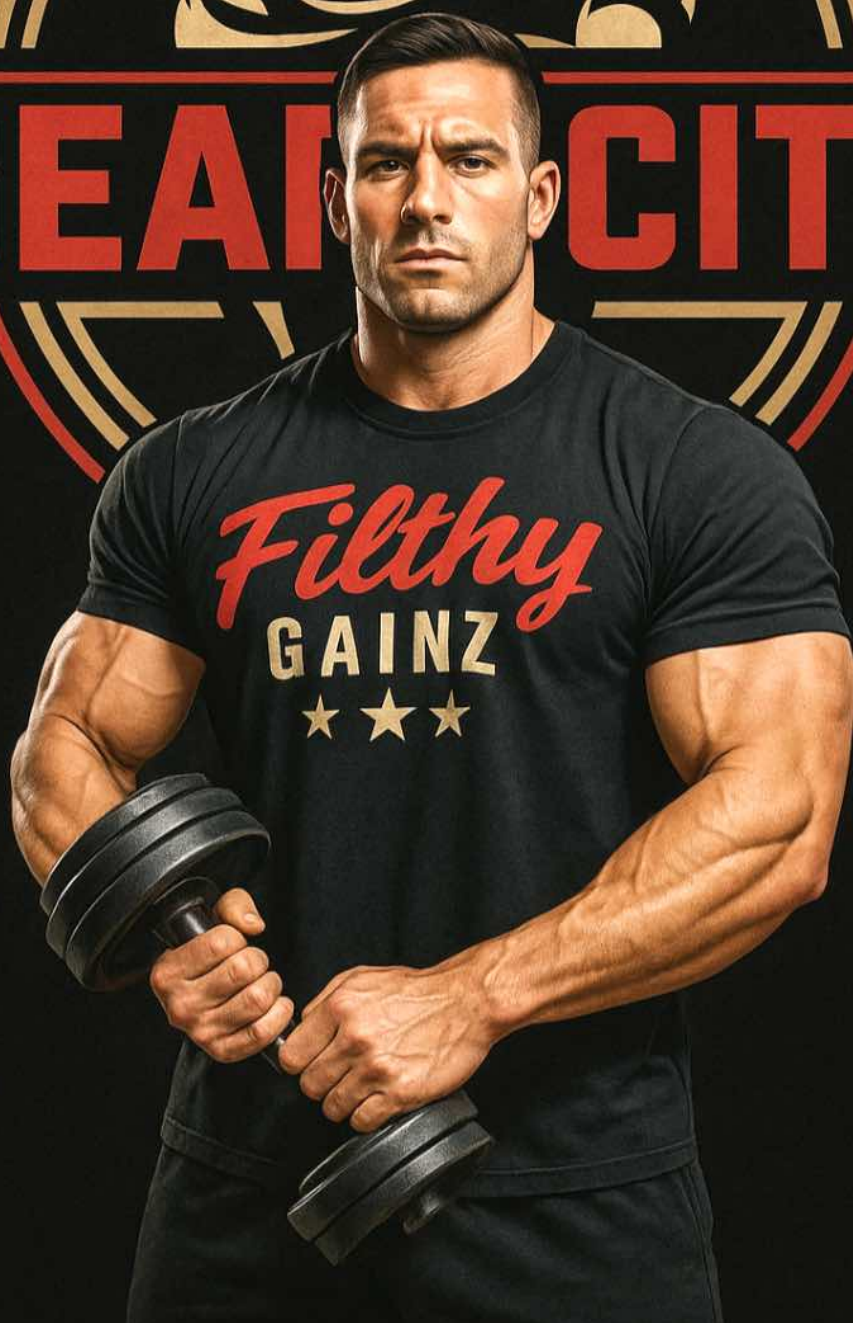


THE GAINZ CHEAT SHEET



GEAR CITY



INTRODUCTION

Thank you for downloading this short booklet!

This is a simple and straightforward cheat sheet that will tell you what the generally accepted dosage, cycle length and half-life of each Anabolic Androgenic Steroid is.

This information is not a valid replacement for the hours of research that every AAS user should conduct before starting a cycle, so only use it as reference.

ORAL AAS

PROVIRON

OTHER NAMES	MESTEROLONE
HALF-LIFE	12 HOURS
DOSE	25 TO 100MG A DAY
CYCLE LENGTH	12 WEEKS

WINSTROL

OTHER NAMES	STANOSZOLOL
HALF-LIFE	9 HOURS
DOSE	25 TO 100MG A DAY
CYCLE LENGTH	4-6 WEEKS

ANAVAR

OTHER NAMES	OXANDROLONE
HALF-LIFE	10 HOURS
DOSE	25 TO 100MG A DAY
CYCLE LENGTH	4-8 WEEKS

ORAL PRIMO

OTHER NAMES	METHENOLONE ACETATE
HALF-LIFE	20 HOURS
DOSE	25 TO 100MG A DAY
CYCLE LENGTH	4-8 WEEKS

DIANABOL

OTHER NAMES	METHANDIENONE
HALF-LIFE	3-6 HOURS
DOSE	10 TO 50MG A DAY
CYCLE LENGTH	4-6 WEEKS

ANADROL

OTHER NAMES	OXYMETHOLONE
HALF-LIFE	UNKNOWN
DOSE	25 TO 100MG A DAY
CYCLE LENGTH	4 WEEKS

TURINABOL

OTHER NAMES	CHLORODEHYDROMETHYLTEST.
HALF-LIFE	16 HOURS
DOSE	20 TO 100MG A DAY
CYCLE LENGTH	4-6 WEEKS

HALOTESTIN

OTHER NAMES	FLUOXYMESTERONE
HALF-LIFE	9 HOURS
DOSE	10 TO 50MG A DAY
CYCLE LENGTH	4-6 WEEKS

INJECTABLE AAS

TESTOSTERONE

OTHER NAMES	TESTOSTERONE
HALF-LIFE	TEST E = 5D, TEST C = 8D, TEST P = 3D
DOSE	100 TO 500MG A WEEK
CYCLE LENGTH	TRT ∞ , HIGH DOSES UP TO 20 WEEKS

EQUIPOISE

OTHER NAMES	BOLDENONE UNDECYLATE
HALF-LIFE	14 DAYS
DOSE	300 TO 750 MG A WEEK
CYCLE LENGTH	UP TO 16-20 WEEKS

MASTERON

OTHER NAMES	DROSTANOLONE
HALF-LIFE	MAST P = 2D, MAST E = 7D
DOSE	200 TO 500MG A WEEK
CYCLE LENGTH	UP TO 12 WEEKS

PRIMOBOLAN

OTHER NAMES	METHENOLONE ENANTHATE
HALF-LIFE	10 DAYS
DOSE	25 TO 100MG A DAY
CYCLE LENGTH	UP TO 16-20 WEEKS

NANDROLONE

OTHER NAMES DECA-DURABOLIN, NPP
HALF-LIFE DECA = 6D, NPP = 3D
DOSE 100 TO 500MG A WEEK
CYCLE LENGTH UP TO 16-20 WEEKS

TRENBOLONE

OTHER NAMES PARABOLAN, FINAJET
HALF-LIFE TREN H = 8D, TREN A = 3D, TREN E = 11D
DOSE 100 TO 350MG A WEEK
CYCLE LENGTH 6-8 WEEKS

TRESTOLONE

OTHER NAMES MENT
HALF-LIFE UNKNOWN
DOSE 100 TO 400MG A WEEK
CYCLE LENGTH 6-8 WEEKS

1-TESTOSTERONE

OTHER NAMES DIHYDROBOLDENONE
HALF-LIFE 8D
DOSE 200 TO 500MG A WEEK
CYCLE LENGTH UP TO 16-20 WEEKS

LEARN MORE!

If you are running AAS or planning to run them in the foreseeable future, you must understand:

- ***How they work.***
- ***What their potential side-effects are.***
- ***How to cycle them properly.***
- ***How to mitigate / avoid their side-effects.***

Finding all of that information online can be time-consuming and very confusing, because most articles, videos and forum posts are either outdated, wrong or contradictory.

**Visit us on telegram and speak
with an Admin**

<https://t.me/GearCityVIP>