FEED THE FAME

Coach Edgar

INTRODUCTION

This resource is designed for individuals seeking a structured approach to building muscle, improving performance, and achieving long-term body composition goals.

Whether you're a natural trainee or beginning to explore enhanced performance options, this guide emphasizes safety, intelligent training, and sustainable habits.

Every section reflects principles that apply across training experience, with adaptations to match your unique goals.

HOW YOU CAN CHANGE YOUR LIFE

Transforming your body is one of the most empowering journeys you can take. The discipline, knowledge, and consistency needed to sculpt your physique directly impact every area of your life. By mastering your nutrition, training, and recovery, you gain control over your health, mindset, and confidence. The systems in this guide aren't just for muscle growth - they teach you how to structure your day, measure progress, and think long-term.

You can change your life by:

- Building habits that serve your goals
- Replacing guesswork with structured action
- Learning how to listen to your body
- Taking ownership of your results

Commit to this process, and your body will change-but so will your mindset, discipline, and self-respect.

HOW MUSCLES GROW (HYPERTROPHY)

Hypertrophy means muscles get bigger in size. Each muscle fiber is made of smaller parts called myofibrils, which are made up of even smaller units called sarcomeres.

When we move or lift weights, two things matter:

- **Recruitment:** how many muscle fibers are used
- **Stimulation frequency:** how often the nerves tell the muscles to work

TYPES OF HYPERTROPHY

Parallel Hypertrophy: This is the main way muscles grow from weight training. New sarcomeres are added next to each other, making the muscle wider.

In Series Hypertrophy: This happens when the muscle gets longer, adding sarcomeres in a row to match a new movement or stretch.

Sarcoplasmic Hypertrophy: This is a possible type of growth where the muscle gets bigger because of more fluid and non-contractile parts like glycogen (stored energy). This may happen with training, but it likely happens along with increases in real muscle proteins.

Hyperplasia: This is when the number of muscle fibers increases because some fibers split into two. This is different from hypertrophy, which is about size increase.

The most important reason muscles grow from training is mechanical tension - the strain placed on muscles during exercises.

TRAINING EXAMPLES

- Push + Quads day (chest, shoulders, triceps, and thighs)
- Back + Hams day (back muscles and hamstrings)

TRAINING PLAN BASICS – VOLUME, FREQUENCY & RECOVERY

To build muscle, we need to pay attention to three key things: volume, frequency, and recovery. Everyone has different limits, so we need to find what works for each person.

- **Volume:** This means how much total work you do in training. A simple way to measure it is: **Sets × Reps × Weight** (load)

- **Frequency:** How often you train, such as how many sessions you do each week.

You can increase frequency to raise overall volume. For example, training a body part more than once a week allows for more total work with less stress per session. This prevents burnout while keeping weekly training high.

Strategies:

- Keep session volume the same but train more often
- Or add more total sets each week

But it's not just about doing more-you must allow the body time to recover. Large sessions with many sets might require **48 to 72 hours of rest** before training the same muscle again.

Finding the right balance of work and rest is crucial. This is where **Maximal Recoverable Volume (MRV)** comes in-the most training you can recover from before it starts hurting your progress.

That's why tracking your workouts with a **logbook** is important. If performance drops, it might be time to **deload**-take a short break or reduce volume. Over time, your log will help you learn when to push harder and when to ease off.

MASTERING MOVEMENT BEFORE MUSCLE

Before focusing on how much weight you're lifting, you need to make sure you're moving well. When starting a new program or learning new exercises, your nervous system has to learn how to properly fire the right muscles.

This is why form and control come first. Get the movement right. Make each rep smooth and repeatable. Machines can help at the start by guiding your form and limiting the need for balance. Once your control improves, you can move to free weights, which challenge your stabilizer muscles and build more complete strength.

SMART EXERCISE SELECTION & ROTATION

Using different exercises is important to fully grow a muscle-each movement hits the muscle slightly differently. But switching exercises too often can hurt your progress. If you're always learning new movements, you're not lifting heavy enough to grow.

Choose movements that:

- You can perform with control
- Allow for progressive overload
- Fit your current level (machines first if needed, then free weights)

Rotate exercises often enough to create variety, but not so much that you can't build skill or momentum.

BALANCING LOAD, REPS & RANGE OF MOTION

This program uses a wide range of reps to target all parts of the muscle. You'll see ranges like:

- 6–9 reps
- 9–12 reps
- 12–15 reps
- 20+ reps

Different rep ranges challenge different muscle fibers and stress the body in different ways-from strength-based tension to endurance and metabolic fatigue.

In every range, use a full range of motion to get the most from each rep. No partial reps or sloppy form. Load should match the rep goal-heavy enough to challenge you, but not so heavy you lose control.

IF YOU DON'T FIND THE TIME, IF YOU DON'T DO THE WORK, YOU DON'T GET THE RESULTS.

ARNOLD SCHWARZENEGGER

FAILURE TRAINING & INTENSITY TECHNIQUES

Our goal is to take most working sets to muscular failure-the point where you physically can't complete another rep with good form.

This helps recruit all the muscle fibers needed for maximum growth. Whether the load is heavy or light, going to failure ensures the work is effective.

This is nuance: too much failure training can lead to burnout and slow your recovery. That's where logbooking becomes key. When performance dips, it's time to deload and adjust.

ADVANCED INTENSITY – REST PAUSE SETS

To push intensity even further, we use Rest Pause (RP) sets. These take a normal set and stretch it out into multiple mini-sets with short rest in between.

How it works:

- Do a set to failure at around 15 reps.
- Rest 10–25 seconds.
- Do more reps with the same weight until failure.
- Rest again and repeat.

Sometimes, we'll add a fourth round and then drop the weight twice to finish.

This is one of the most effective ways to create deep fatigue and force muscle growth, especially for more experienced lifters.

SLEEP & RECOVERY OPTIMIZATION

Sleep is one of the most powerful tools for improving hypertrophy and recovery. It's during deep sleep that muscle protein synthesis, hormone production, and cellular repair peak. Without sufficient, high-quality sleep, training and nutrition efforts won't yield optimal results.

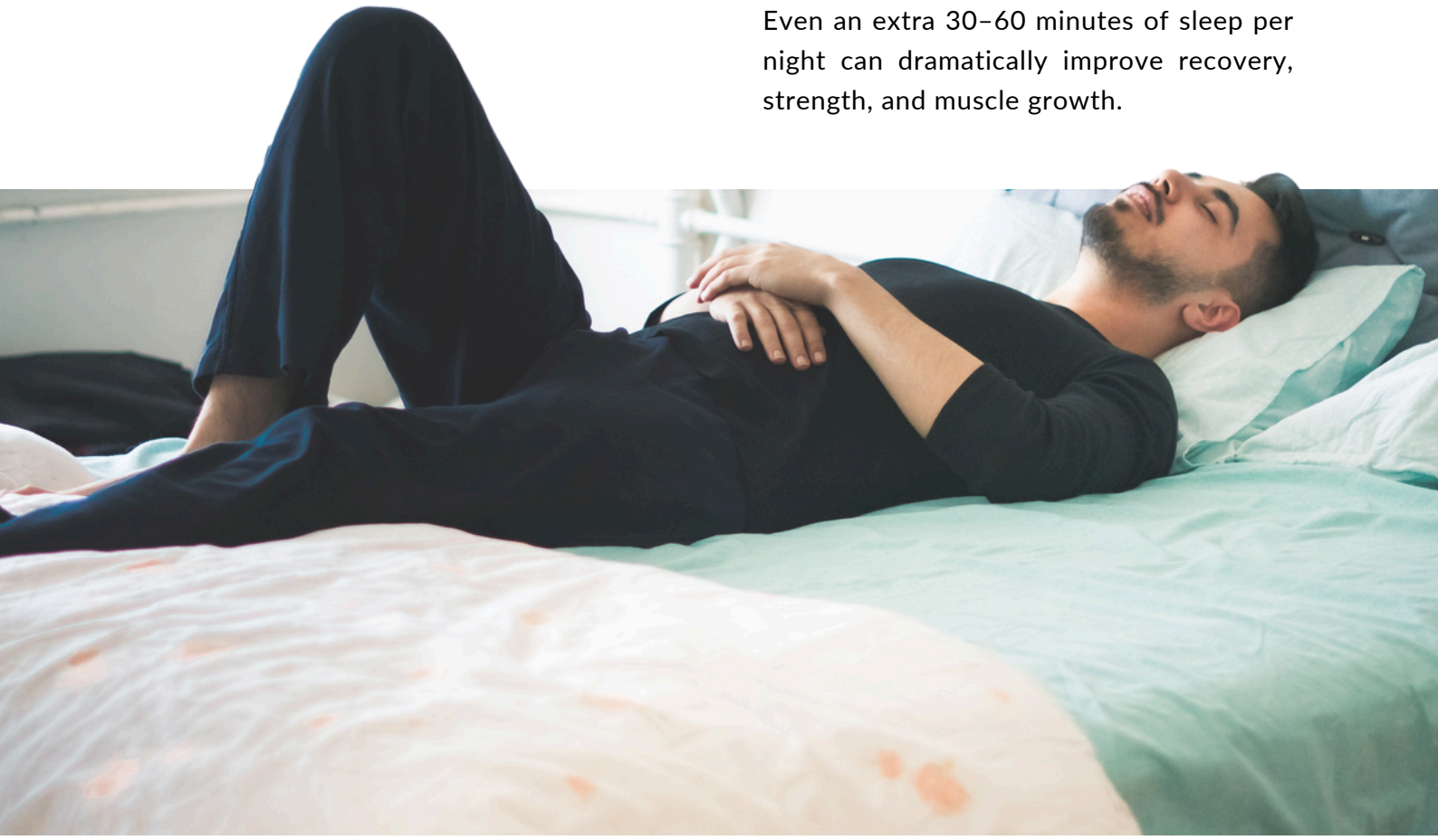
WHY IT MATTERS

- Promotes growth hormone and testosterone release
- Reduces inflammation and stress hormone (cortisol)
- Enhances recovery between sessions
- Improves mental focus and energy for training

STRATEGIES TO IMPROVE SLEEP

- Stick to a consistent sleep schedule (even on weekends)
- Avoid blue light 60–90 minutes before bed
- Limit caffeine intake after mid-afternoon
- Create a dark, quiet, and cool environment
- Use supplements like magnesium glycinate, glycine, or ashwagandha if needed

Even an extra 30–60 minutes of sleep per night can dramatically improve recovery, strength, and muscle growth.



STRESS MANAGEMENT FOR GROWTH

Chronic stress sabotages hypertrophy. It elevates cortisol, which can suppress testosterone, increase muscle breakdown, and hinder recovery. Managing stress isn't a luxury-it's a requirement for long-term progress.

EFFECTS OF CHRONIC STRESS

- Impaired recovery and sleep
- Reduced insulin sensitivity
- Increased inflammation
- Mental fatigue and lack of training motivation

STRESS MANAGEMENT TOOLS

Breathing: Use 4-7-8 or box breathing techniques

Meditation: Even 5–10 minutes a day can reset your nervous system

Walks & Nature: Light, outdoor activity reduces cortisol and boosts mood

Journaling: Helps unload mental stress and clarify thoughts

Deloading: Incorporate planned light weeks when life stress is high

Remember: The body sees all stress the same-whether it's from lifting, work, poor sleep, or emotions. Managing your lifestyle stress lets you train harder and recover faster.

WORKOUT LAYOUT

Day	Rotation 1	Rotation 2
Monday	Push + Quads	Push + Quads
Tuesday	REST	REST
Wednesday	Hams + Back	Hams + Back
Thursday	REST	REST
Friday	Push + Quads	Push + Quads (Quad Focused)
Saturday	Hams + Back	Hams + Back (Back Focused)
Sunday	REST	REST

ALL SETS TO FAILURE

MONDAY ROTATION 1

PUSH + QUADS

Exercise	Set/Reps	Purpose
Crucifix Lateral	Rest Pause – Aim 15 reps 1st set	Activates the side delts to build shoulder width and roundness
High Incline Reverse Band Press	Rest Pause – Aim 15 reps 1st set	Targets the upper chest with added band tension through the top range
Decline Hammer Press	2 sets, 12-15 reps (Double Drop on 2nd set)	Focuses on lower and mid chest with intensity techniques for fatigue
Assisted Dip	Rest Pause – 4 failure points, aim for 15 on first set	Builds chest and triceps, safely pushing to full failure
Lying Cuff Lateral	Rest Pause – 4 failure points, aim for 15 on first set	Focuses on isolating and fatiguing side delts with cuffs for control
Dumbbell Skull Crushers	Rest Pause – 4 failure points, aim for 15 on first set	Targets the long head of the triceps under continuous tension
Toes Press	3 sets: 6-9, 9-12, 12-15 reps (Triple drop on last)	Emphasizes full-range calf fatigue using descending sets
Leg Extension	2 sets: 12-15 reps (Double drop on last)	Focuses solely on quads with added intensity in final drops
Reverse Hack Squat	2 sets: 12-15 reps	Builds quad strength with support and safety from the machine
Dumbbell Squat	2 sets: 12-15 reps	Works full lower body with balance and core involvement
Adductor + Leg Raise + Calf Raise (Superset)	3 sets: 6-9, 9-12, 12-15 reps (each movement)	A triple superset targeting inner thighs, lower abs, and calves

WEDNESDAY ROTATION 1

HAMS + BACK

Exercise	Set/Reps	Purpose
Lying Ham Curl	Rest Pause – 4 failure points, aim 15 reps 1st set	Targets the hamstrings through isolated flexion; ideal for warm-up and pre-fatigue.
Banded Stiff Leg Deadlift	4 sets: 6 reps, 8 reps, 10 reps, 12 reps	Builds hamstring and glute strength with a hip hinge, enhanced tension using bands.
Glute Bridge superset with Adductor	3 sets: 6-9 reps, 9-12 reps, 12-15 reps	Combines glute activation and inner thigh work for posterior chain balance.
Standing Calf Raise	Rest Pause – 3 failure points, aim 15 reps 1st set	Emphasizes the gastrocnemius with high fatigue for growth and endurance.
Seated Calf Raise	Rest Pause – 3 failure points, aim 15 reps 1st set	Focuses on the soleus muscle for balanced calf development.
Lat Pulldown	3 sets: 6-9 reps, 9-12 reps, 12-15 reps (Double drop on last)	Builds upper back and lat width, emphasizing stretch and contraction.
Machine Row	3 sets: 6-9 reps, 9-12 reps, 12-15 reps (Double drop on last)	Develops mid-back thickness and scapular retraction control.
Assisted Chin	Rest Pause – 4 failure points, aim 15 reps 1st set	Enhances vertical pulling strength while keeping intensity high.
High Cable Rear Delt with Cuffs	Rest Pause – 4 failure points, aim 15 reps 1st set	Isolates rear delts for shoulder balance and posture improvement.
Preacher Curl	Rest Pause – 3 failure points, aim 15 reps 1st set	Strict biceps work with full range of motion to reduce swinging.
Incline Cable Curl	Rest Pause – 3 failure points, aim 15 reps 1st set	Stretches and overloads the biceps at a lengthened position.
Rope Crunch	3 sets: 12-15 reps	Strengthens and builds the abdominal wall through spinal flexion.

FRIDAY ROTATION 1

PUSH + QUADS

Exercise	Set/Reps	Purpose
Low Incline Smith Press	Rest Pause - 3 failure points, aim 15 reps	Focuses on the upper chest to create more fullness and shape at the top.
Banded Machine Press	Rest Pause - 4 failure points, aim 15 reps	Adds tension at the peak contraction, improving muscle activation.
Shoulder Press Machine	Rest Pause - 4 failure points, aim 15 reps	Builds overhead pressing strength and targets front/side delts.
Lying Cuff Lateral	Rest Pause - 4 failure points, aim 15 reps	Isolates the side delts to enhance shoulder width and aesthetics.
Cuff Pushdown	3 sets: 6-9, 9-12, 12-15 reps	Trains the long head of the triceps effectively for arm thickness.
Toe Leg Press	3 sets: 6-9, 9-12, 12-15 reps (Triple drop)	Prioritizes quads in a stable position, finishes with metabolic fatigue.
Leg Extension	2 sets: 12-15 reps	Fully isolates the quads, allowing focus and intensity without load strain.
Narrow Leg Press	4 sets: 20 reps	High-rep, close-stance targeting outer quads with volume for growth.
Adductor + Leg Raise (Superset)	3 sets: 6-9, 9-12, 12-15 reps (each)	A superset that strengthens adductors and hip flexors, improving stability.
Seated Calf Raise	3 sets: 6-9, 9-12, 12-15 reps	Targets the soleus, a key calf muscle for ankle strength and size.

SATURDAY ROTATION 1

BACK + HAMS

Exercise	Set/Reps	Purpose
Standing Ham Curl	3 sets: 6-9 reps, 9-12 reps, 12-15 reps	Builds hamstring strength and definition through isolation.
Dumbbell Romanian Deadlift (RDL)	4 sets: 6 reps, 8 reps, 10 reps, 12 reps	Targets hamstrings and glutes with a stretch-based hip hinge movement.
Hyperextension superset with Frog Pump	3 sets: 6-9 reps, 9-12 reps, 12-15 reps	Strengthens lower back and glutes, enhances posterior chain endurance.
Assisted Chin	3 sets: 6-9, 9-12, 12-15 reps (Double drop on last)	Focuses on vertical pulling strength and biceps under control.
Upper Back Row	3 sets: 6-9, 9-12, 12-15 reps (Double drop on last)	Develops upper back thickness and scapular retraction.
Lat Pulldown	3 sets: 6-9, 9-12, 12-15 reps (Double drop on last)	Targets lat width and scapular depression with controlled volume.
Barbell Shrug superset with Rear Delt Cuffs	3 sets: 6-9, 9-12, 12-15 reps (Double drop on last)	Builds traps and rear delts for shoulder stability and posture.
Incline Cable Curl	Rest Pause: 4 failure points, aim 15 reps on 1st	Intensely isolates biceps with a deep stretch and supinated tension.
Rope Crunch	3 sets: 6-9, 9-12, 12-15 reps	Strengthens core by targeting upper abdominals with cable resistance.

MONDAY ROTATION 2

PUSH + QUADS

Exercise	Set/Reps	Purpose
Crucifix Lateral	Rest Pause – Aim 15 reps 1st set	Isolates and activates the side delts to help build shoulder width
High Incline Hammer Press	Rest Pause – Aim 15 reps 1st set	Targets upper chest with a unique angle and consistent machine tension
Decline Barbell Press	2 sets: 12–15 reps (Double Drop on 2nd set)	Emphasizes lower chest, great for full-range pec development
Dip Machine	Rest Pause – 4 failure points, aim 15 reps	Trains chest and triceps through a deep pressing motion under control
Lying Cuff Lateral	Rest Pause – 4 failure points, aim 15 reps	Deep side delt isolation with minimal trap involvement
Lying Cross Face DB Extension	Rest Pause – 4 failure points, aim 15 reps	Hits the long head of the triceps with a stretch-loaded angle
Single Arm Bicep Curl	Rest Pause – 4 failure points, aim 15 reps	Unilateral work to isolate and overload each bicep individually
Standing Calf Raise	3 sets: 6–9, 9–12, 12–15 reps (Triple drop)	Strengthens and grows calves through progressive overload
Leg Extension	2 sets: 12–15 reps (Double drop on last set)	Isolates the quads and finishes with high fatigue via drop sets
Reverse Banded Leg Press	2 sets: 12–15 reps	Compound leg press emphasizing quads while offloading knees at bottom
Smith Sissy Squat	2 sets: 12–15 reps	Deep quad burn with upright torso and knee-forward posture
Adductor + Leg Raise + Calf Raise (Superset)	3 sets: 6–9, 9–12, 12–15 reps (each)	Triple superset to hit inner thighs, abs, and calves in one round

WEDNESDAY ROTATION 2

HAMS + BACK

Exercise	Set/Reps	Purpose
Toe Press	3 sets: 6-9, 9-12, 12-15 reps	Builds calf strength and endurance with full-range loaded contractions
Seated Calf Raise	3 sets: 6-9, 9-12, 12-15 reps	Targets the soleus muscle to improve lower-leg muscle density
Leg Extension	2 sets: 12-15 reps (Double drop on last)	Isolates the quads and overloads them with intensity
Narrow Leg Press	2 sets: 12-15 reps	Focuses tension on the quads with stable support
Narrow Hack Squat	2 sets: 12-15 reps (Triple drop on last)	Compound movement for quads with vertical emphasis
Banded Chest Press Machine	Rest Pause – 4 failure points – Aim 15 reps 1st set	Adds mechanical tension and overload to pecs across the full ROM
Pec Dec	Rest Pause – 4 failure points – Aim 15 reps 1st set Drop set on last	Stretches and contracts the pecs fully with isolation focus
Shoulder Press Machine	Rest Pause – 4 failure points – Aim 15 reps 1st set Drop set on last	Overhead press for front delts with added volume
Lying Cuff Lateral	Rest Pause – 4 failure points – Aim 15 reps 1st set Drop set on last	Trains side delts with isolation and precision
Cuff Pushdown	3 sets: 6-9, 9-12, 12-15 reps	Focuses on the long head of the triceps with strict form
Leg Raises	4 sets: 6, 8, 10, 12 reps	Strengthens and sculpts the lower abdominals

SUNDAY ROTATION 2

HAMS + BACK

Exercise	Set/Reps	Purpose
Assisted Chin	3 sets: 6-9, 9-12, 12-15 reps (Double drop)	Targets upper back and biceps while allowing controlled overload
Upper Back Row	3 sets: 6, 8, 10, 12 reps (Double drop)	Provides horizontal pulling emphasis for mid-back and rhomboid growth
Lat Pulldown	3 sets: 6-9, 9-12, 12-15 reps (Double drop)	Focuses on lat development with consistent mechanical tension
BB Shrug + Rear Delt Cuffs	3 sets: 6-9, 9-12, 12-15 reps (Double drop)	Combines traps and rear delts to enhance upper back balance
Bicep Curl	Rest Pause: 4 failure points + drop set	High-intensity bicep isolation for full fatigue and muscle recruitment
Standing Ham Curl	3 sets: 6-9, 9-12, 12-15 reps	Isolates and strengthens the hamstrings through full contraction
Lying Single Leg Curl	3 sets: 6-9, 9-12, 12-15 reps (Triple drop)	Unilateral hamstring development and peak contraction focus
Hyperext + Frog Pump	3 sets: 6-9, 9-12, 12-15 reps	Activates glutes and spinal erectors for posterior chain development
Rope Crunch	3 sets: 6-9, 9-12, 12-15 reps	Targets abdominals with focused spinal flexion and time under tension
Assisted Chin	3 sets: 6-9, 9-12, 12-15 reps (Double drop)	Targets upper back and biceps while allowing controlled overload
Upper Back Row	3 sets: 6, 8, 10, 12 reps (Double drop)	Provides horizontal pulling emphasis for mid-back and rhomboid growth

CARB CYCLING

WHAT IS CARB CYCLING?

Carb cycling is a simple nutrition strategy where you change how many carbs you eat based on your day.

- On hard training days, you eat high carbs to fuel performance and build muscle.
- On rest or light days, you eat low carbs to burn more fat.
- Some days can be moderate, for balance.

This lets you get the benefits of both muscle building and fat loss, without needing a strict daily calorie target.

MACRONUTRIENT GUIDELINES (APPLIES TO ALL PHASES)

- **Protein:** 2.2g per kg bodyweight (1g per pound)
- **Fat (Low-Carb Days):** 0.7g per kg bodyweight (approx. 0.3g per pound)
- **Fat (High-Carb Days):** As low as possible (minimal fats to keep carbs dominant)
- **Carbs:** Varied daily depending on training demands and phase

High-Carb Days: Always include a 300-calorie surplus (even in fat loss)

EXAMPLE DAILY SETUP

For an 80kg (176lb) Person - TDEE: ~2600 kcal

Day Type	Calories	Protein	Carbs	Fat
High-Carb	2900	176g	~450g	~20g (Essential Fats)
Medium-Carb	2600	176g	~280–300g	~56g
Low-Carb	2200	176g	~50g or less	~85–90g

NOTES

- On high days, a 300-calorie surplus is added (even in fat loss).
- On low days, calories drop low to burn fat while keeping muscle through higher fats and protein.
- These targets shift based on your weight, but the ratios remain the same.

CARB CYCLING INTEGRATED WITH TRAINING

TRAINING SPLIT (CONSISTENT ACROSS PHASES)

Day	Rotation 1	Rotation 2
Monday	Push + Quads	Push + Quads
Tuesday	Rest	Rest
Wednesday	Hams + Back	Hams + Back
Thursday	Rest	Rest
Friday	Push + Quads	Push + Quads (Quad Focused)
Saturday	Hams + Back	Hams + Back (Back Focused)
Sunday	Rest	Rest

FAT LOSS PHASE

Goal: Reduce body fat while preserving muscle mass

Structure:

- High-Carb: 1x per week
- Medium-Carb: 1x per week
- Low-Carb: 5x per week

Day	Workout	Carb Level	Reasoning
Monday	Push + Quads	High	Heaviest compound day; carbs support performance and recovery
Tuesday	Rest	Low	No training; burn fat through low insulin and low intake
Wednesday	Hams + Back	Medium	Big lifts need support; not as taxing as push day
Thursday	Rest	Low	Low output; promote fat oxidation
Friday	Push + Quads	Low	Recovered; training in deficit burns more body fat
Saturday	Hams + Back	Low	Use fat for fuel; conserve carbs for performance
Sunday	Rest	Low	Extended low-carb promotes additional fat loss

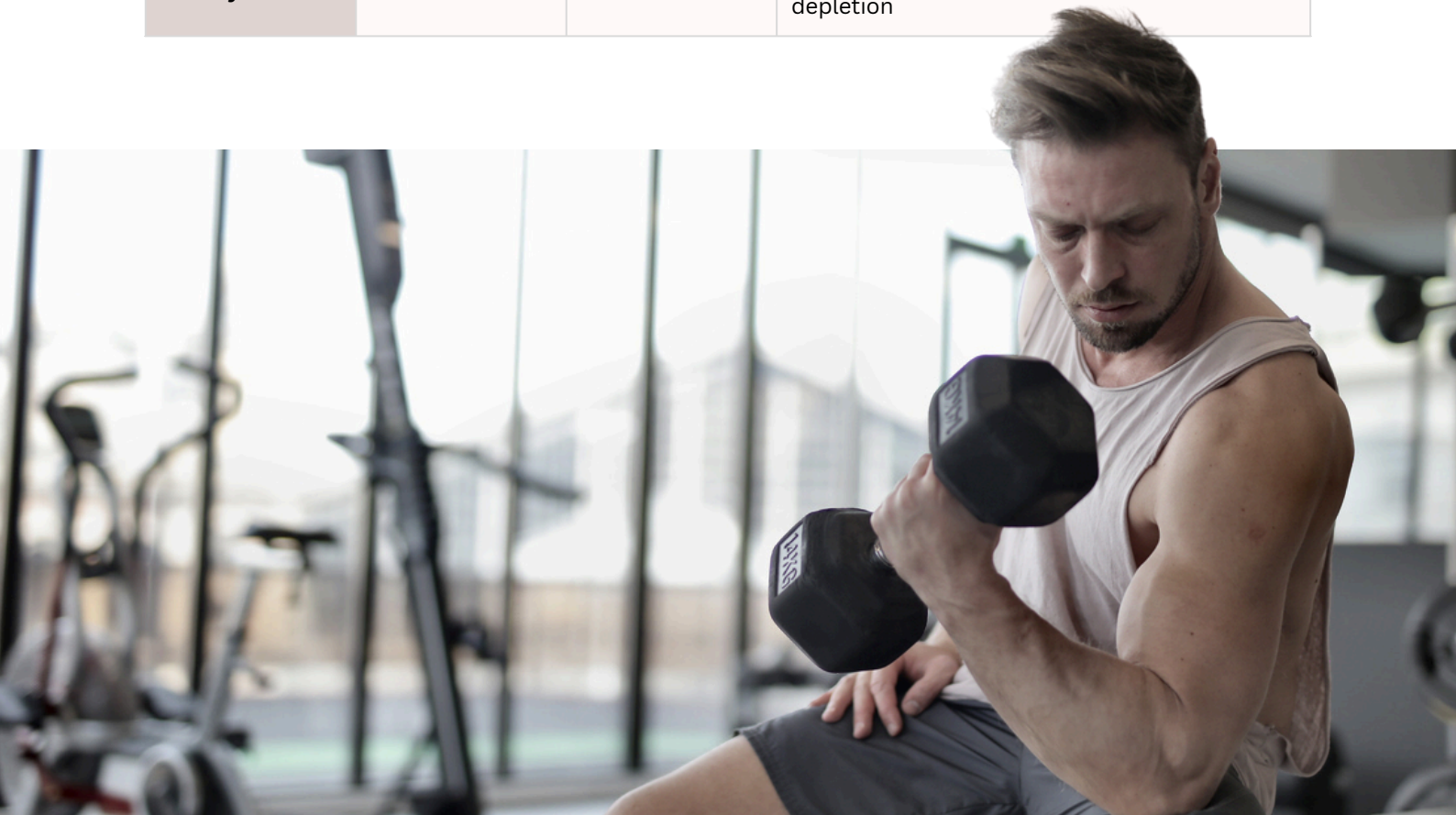
RECOMPOSITION PHASE

Goal: Build lean muscle while losing fat at a slower pace

Structure:

- **High-Carb:** 2x per week
- **Medium-Carb:** 3x per week
- **Low-Carb:** 2x per week

Day	Workout	Carb Level	Reasoning
Monday	Push + Quads	High	High-intensity day; need full glycogen
Tuesday	Rest	Low	Recovery + fat use; preserve insulin sensitivity
Wednesday	Hams + Back	High	Heavy pulling and hinge movements require fuel
Thursday	Rest	Low	Low activity day; optimize nutrient partitioning
Friday	Push + Quads	Medium	Moderate carbs for moderate output
Saturday	Hams + Back	Medium	Volume support; not as demanding as earlier in week
Sunday	Rest	Medium	Nutrient support for next cycle; avoid deep depletion



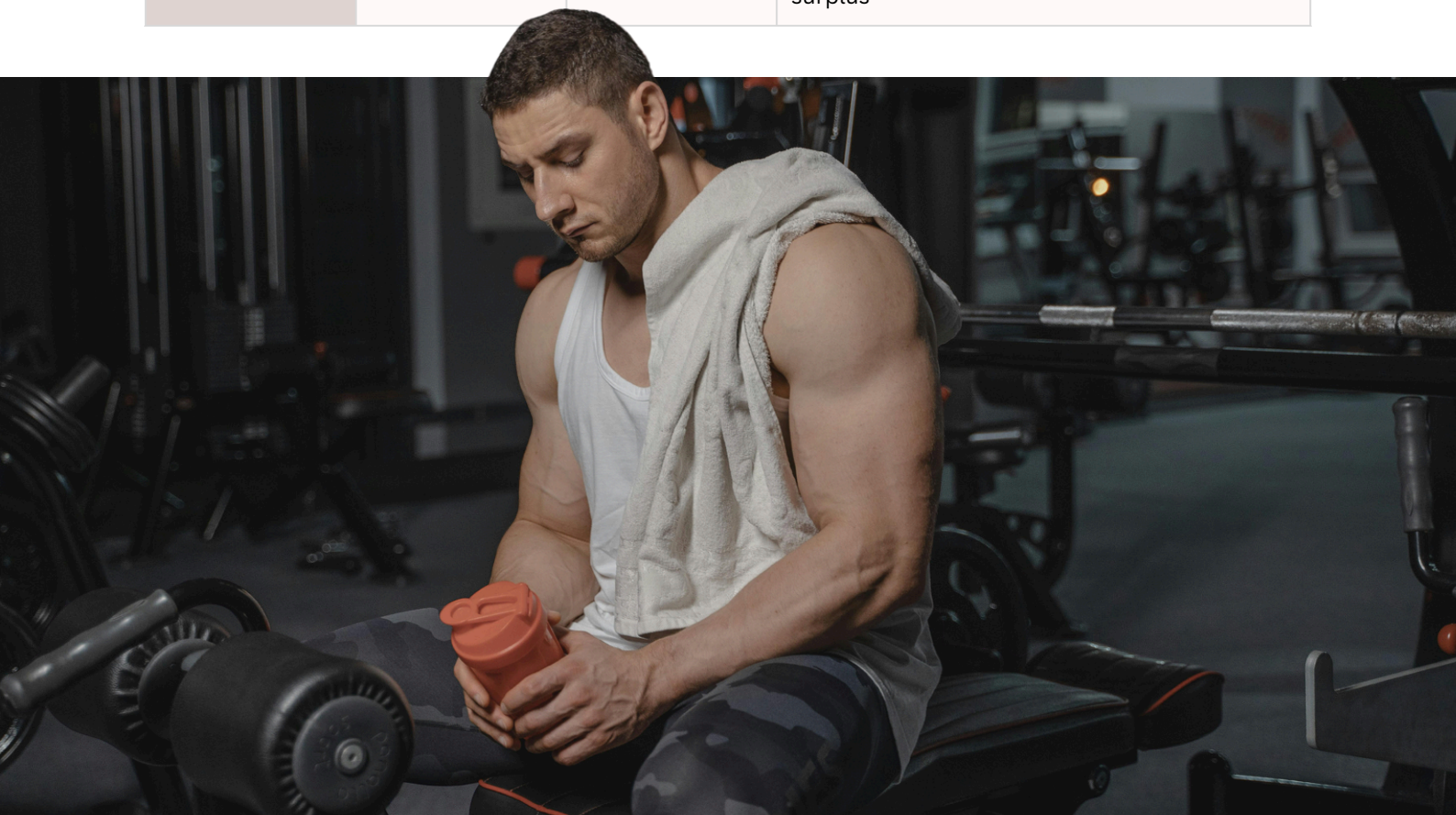
LEAN WEIGHT GAIN PHASE

Goal: Build muscle in a controlled surplus, minimize fat gain

Structure:

- **High-Carb:** 3x per week
- **Medium-Carb:** 3x per week
- **Low-Carb:** 1x per week

Day	Workout	Carb Level	Reasoning
Monday	Push + Quads	High	Largest lift day; surplus used for muscle growth
Tuesday	Rest	Medium	Support tissue repair and prep for next session
Wednesday	Hams + Back	High	Demanding posterior chain session; carbs assist performance
Thursday	Rest	Low	Low intake for balance and sensitivity
Friday	Push + Quads	High	Last heavy push session; top off glycogen stores
Saturday	Hams + Back	Medium	Sufficient fuel to train without spiking total intake
Sunday	Rest	Medium	Pre-load next training week with controlled surplus



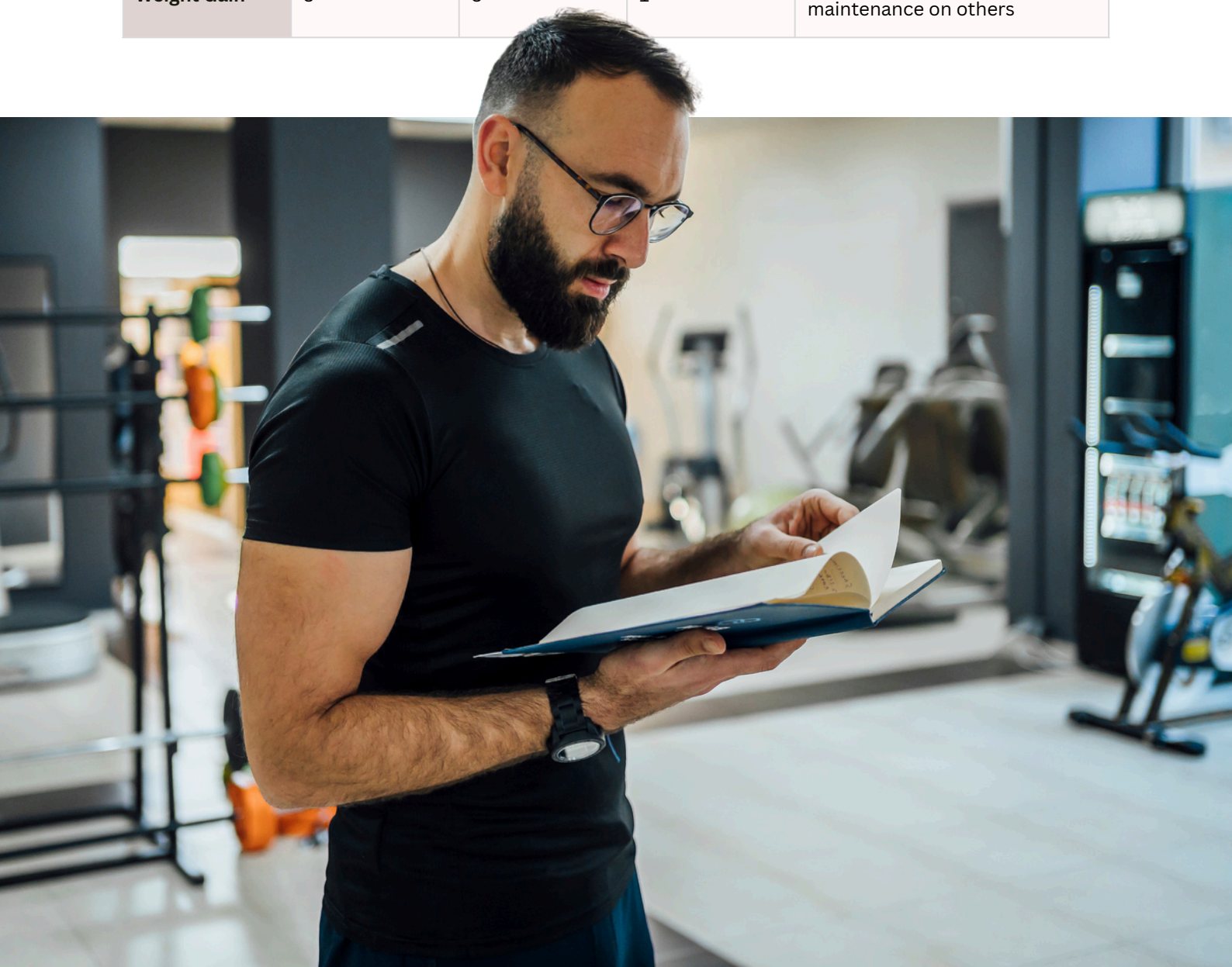
PRACTICAL SUMMARY

Goal: Build muscle in a controlled surplus, minimize fat gain

Structure:

- **High-Carb:** 3x per week
- **Medium-Carb:** 3x per week
- **Low-Carb:** 1x per week

Phase	High Days	Medium Days	Low Days	Caloric Setup
Fat Loss	1	1	5	Deficit most days, 1-day surplus for glycogen
Recomposition	2	3	2	Maintenance with 1–2 surplus days
Weight Gain	3	3	1	Surplus 3 days/week, maintenance on others



SAMPLE TDEE SETUP

USE THIS FORMULA:

BMR (Basal Metabolic Rate)
Alternatively search for a BMR calculator online.

Mifflin-St Jeor:

- Men: 10 x weight (kg) + 6.25 x height (cm) – 5 x age + 5
- Women: 10 x weight (kg) + 6.25 x height (cm) – 5 x age – 161

TDEE (Total Daily Energy Expenditure)

Multiply BMR by an activity factor:

- 1.2 = Sedentary
- 1.4 = Light activity
- 1.6 = Moderate (your likely baseline)
- 1.8 = High (intense lifting + cardio)
- 2.0+ = Very high output

1. Macro Setup Example (for 80kg / 176lb person):

Protein

- 80kg x 2.2 = 176g protein

Fat

- Low Day: 80kg x 0.7 = 56g fat
- High Day: Keep fat as low as possible (20–30g range)

Carbs

- Fill remaining calories based on daily goals
- High Day = TDEE + 300 kcal
- Medium Day = TDEE
- Low Day = TDEE – 500 kcal (or more for faster fat loss)

COMPRE-HENSIVE BLOOD WORK IS NON-NEGOTIABLE

If you're using or considering anabolic steroids or other performance-enhancing drugs (PEDs), a full blood panel is essential. It's not optional. Steroids can affect your hormones, heart, liver, kidneys, and metabolism. Regular bloodwork helps you catch problems early and make informed adjustments.

Below is a breakdown of the key labs you need to monitor, and why each one matters.

HORMONAL HEALTH

TOTAL AND FREE TESTOSTERONE

- Total testosterone measures all testosterone in your blood.
- Free testosterone is the portion that is active and usable by your body.
- Why it matters: Steroid use usually suppresses your natural testosterone production. Low free testosterone can lead to low libido, poor mood, and weak gains.

LUTEINIZING HORMONE (LH) AND FOLLICLE-STIMULATING HORMONE (FSH)

- LH stimulates testosterone production. FSH is involved in sperm production.
- Why it matters: Both usually drop to near zero during a steroid cycle. After the cycle, you want to see them recover. Low levels post-cycle indicate suppressed natural function.

ESTRADIOL (E2)

- A form of estrogen produced by converting testosterone.
- Why it matters: Too high can cause water retention, gynecomastia, and mood swings. Too low can cause joint pain and low libido. Balance is key.

PROLACTIN

- A hormone that influences mood, sexual function, and dopamine levels.
- Why it matters: Drugs like trenbolone or nandrolone can raise prolactin, leading to erectile dysfunction, emotional changes, or even lactation in men.

SEX HORMONE BINDING GLOBULIN (SHBG)

- A protein that binds to testosterone and controls how much is free.
- Why it matters: Steroids often reduce SHBG, increasing free testosterone. While that may seem good, very low SHBG can interfere with long-term hormone balance and liver health.

THYROID AND METABOLISM

TSH, FREE T3, FREE T4

- These control how fast your metabolism runs. T3 is the active hormone, T4 is the storage form. TSH signals your thyroid to produce them.
- Why it matters: PEDs like clenbuterol or growth hormone can affect thyroid function. Low thyroid activity causes fatigue, weight gain, and low mood.

CARDIOVASCULAR HEALTH

LIPID PANEL (HDL, LDL, TRIGLYCERIDES)

- HDL is good cholesterol, LDL is bad, and triglycerides are blood fats.
- Why it matters: Steroids, especially oral ones, often lower HDL and raise LDL. This increases your risk of heart attack or stroke.

C-REACTIVE PROTEIN (CRP OR HS-CRP)

- A marker of inflammation in the body. High-sensitivity (hs) testing detects low-level inflammation.
- Why it matters: High CRP levels indicate chronic inflammation, which is linked to heart disease and other long-term health issues.

IF SOMETHING STANDS BETWEEN YOU AND YOUR SUCCESS, MOVE IT. NEVER BE DENIED.

DWAYNE "THE ROCK" JOHNSON

LIVER AND KIDNEY FUNCTION

LIVER ENZYMES (ALT, AST, GGT)

- Enzymes released when the liver is stressed or damaged.
- Why it matters: Oral steroids in particular put stress on the liver. Elevated levels suggest liver strain. GGT is especially helpful for detecting liver-related issues.

KIDNEY MARKERS (CREATININE, BUN, CYSTATIN C)

- Creatinine and BUN are traditional kidney function markers. Cystatin C is more reliable because it's not influenced by muscle mass, creatine, or high protein intake.
- Why it matters: Steroids can raise blood pressure and red blood cell counts, both of which increase kidney workload.

BLOOD SUGAR AND INSULIN SENSITIVITY

FASTING GLUCOSE, FASTING INSULIN, AND HBA1C

- Glucose is your blood sugar. Insulin regulates it. HbA1c shows your average blood sugar over 2 to 3 months.
- Why it matters: Bulking diets, growth hormone, or insulin use can lead to insulin resistance and eventually Type 2 diabetes. These markers help you catch issues early.

BLOOD THICKNESS AND OXYGEN CAPACITY

COMPLETE BLOOD COUNT (CBC)

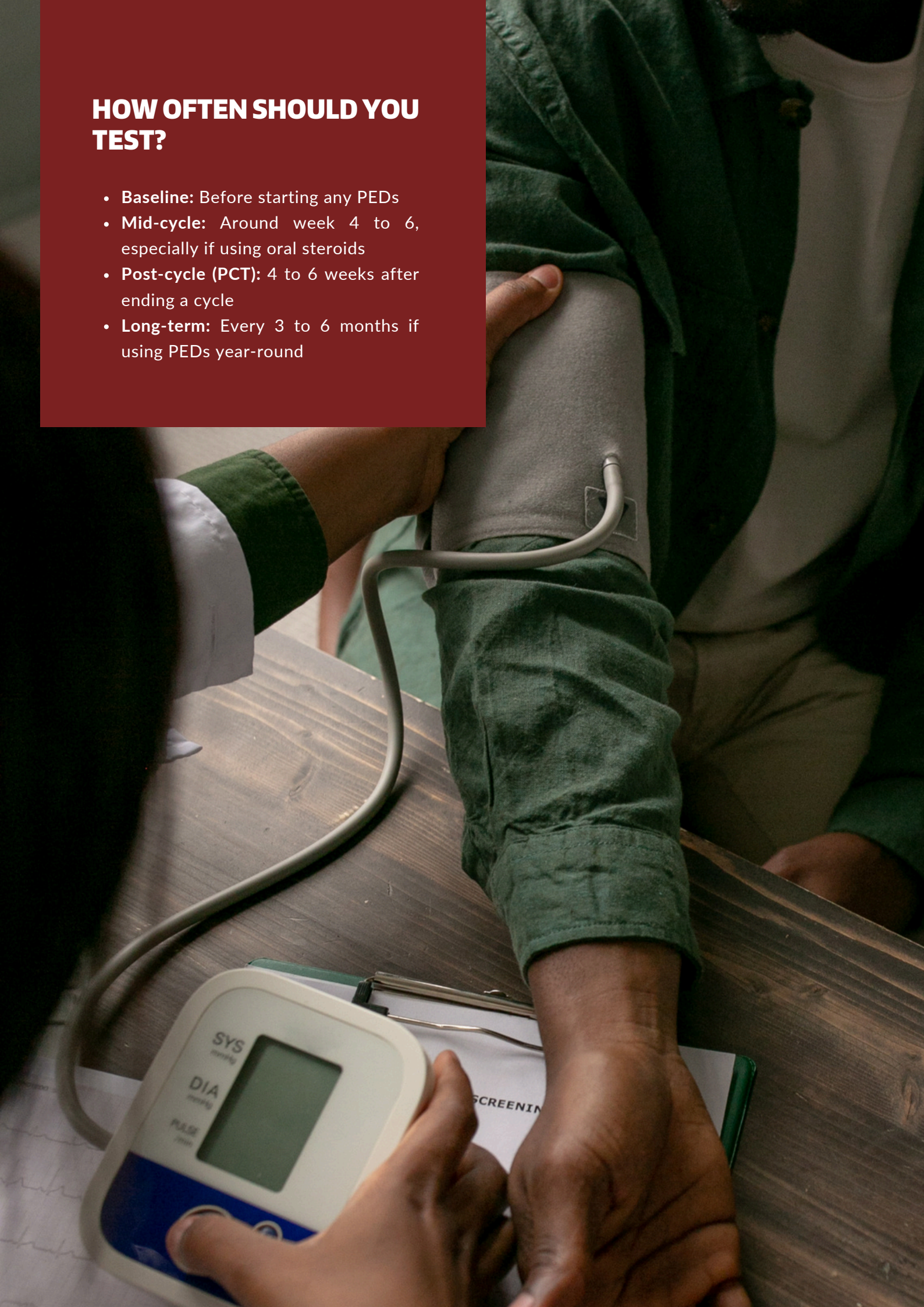
- Measures red and white blood cells, hemoglobin, and platelets.
- Why it matters: Steroids often increase red blood cell production. This improves oxygen delivery but also thickens the blood.

HEMATOCRIT AND HEMOGLOBIN

- Hematocrit is the percentage of blood made up of red blood cells. Hemoglobin is the oxygen-carrying protein in those cells.
- Why it matters: High levels increase the risk of blood clots, stroke, or heart attack. You may need to donate blood regularly to reduce risk.

HOW OFTEN SHOULD YOU TEST?

- **Baseline:** Before starting any PEDs
- **Mid-cycle:** Around week 4 to 6, especially if using oral steroids
- **Post-cycle (PCT):** 4 to 6 weeks after ending a cycle
- **Long-term:** Every 3 to 6 months if using PEDs year-round



DRUGS, DRUGS, DRUGS

YOUR FIRST STEROID CYCLE

PREREQUISITES BEFORE STARTING YOUR FIRST CYCLE

BODY FAT & BLOODWORK

Before considering any anabolic cycle, your body fat should be in check-ideally sub-15% for men. You should already have longitudinal blood work data, meaning multiple tests over time to monitor key health markers: lipids, liver enzymes, kidney values, hematocrit, hormone levels, etc.

You must understand how to keep yourself healthy using supplements, dietary strategies, and lifestyle changes. Being proactive here prevents issues down the line.

TRAINING & PROGRESSION DATA

Years of serious training with progressive overload is a must. You should have a filled-out logbook, showing clear trends of improvement. If you've plateaued after multiple natural gaining and cutting phases, and people are asking if you're already "on something"-you're probably close to ready.

EXPERIENCE WITH DIETING

Before enhancing anything, you should've completed multiple natural cuts and bulks. You know how to lose fat and build muscle naturally.

If your muscles are already dense, separated, and you've got the look of someone enhanced even while natty-it might be time to consider that "extra incentive".

Note: Parts of these prerequisites may be accelerated or partially managed under the guidance of a knowledgeable and experienced coach. A coach can provide oversight, blood test interpretation, and structure to ensure you're progressing safely.

WHAT TO START WITH

KEEP IT SIMPLE: TESTOSTERONE ONLY

Avoid SARMs, prohormones, and exotic compounds. Testosterone is the base of every cycle. If it's your first, it should also be the only compound.

STEP 1: START WITH A SIMPLE HRT+ PROTOCOL

- Testosterone Enanthate or Cypionate: 250mg/week
- Administered daily or EOD (every other day) for stable levels
- HCG (optional): 250 IU 2–3x/week to support natural production
- DHEA: 25–50mg/day to support neurosteroid production
- Pregnenolone: 10–25mg/day for cognition, energy, libido

Optional:

- Growth Hormone (GH): Start at 1–2 IU/day to aid synergy with test. If not affordable, MK-677 is an alternative but needs glucose monitoring.

This approach keeps hormone levels bioidentical and manageable. Most users don't need more than this to see profound results.

A qualified coach can guide you through this process, ensuring your administration technique, timing, and compound choices are appropriate to your goals.

STEP 2: TITRATE TESTOSTERONE DOSAGE

You can gradually increase your testosterone dosage over time. A solid rule is to increase by 25mg per week. Cap this progression at around 16 weeks, which allows enough time for the body to adapt while minimizing unnecessary side effects.

ADJUSTING TRAINING & NUTRITION

Once enhanced, recovery goes up. That means training intensity and volume can change:

- **Drug-Free Phase:** High-frequency, low-volume might work best.
- **Enhanced Phase:** Consider dropping frequency slightly and increasing volume and/or intensity.

EXAMPLES:

- Add rest-pause, dropsets, or banded sets.
- Increase total weekly sets by 15–25%.

CALORIC NEEDS INCREASE

- More muscle mass = higher calorie and micronutrient needs.
- Don't just increase drug dose when you plateau. Increase food first.

Micronutrients also matter more:

- Zinc, Magnesium, Vitamin C, Vitamin E, D3
- Electrolytes: sodium, potassium, calcium, etc.

Track health status closely while manipulating variables.

This is where many athletes benefit from coaching support. Adjustments to diet and training should reflect your enhanced recovery and nutritional demand, which can be difficult to optimize alone.

PROGRESSING YOUR PROTOCOL

Once you've maxed out the gains from the basic test-only + GH protocol over 12–20 weeks, begin progression:

STEP 1: DURATION & STRUCTURE OF FIRST CYCLE

Run your first cycle for 3–5 months, gradually building upward.

- Add Anavar at 25–30mg/day (split AM/PM or pre-workout)
- Monitor liver enzymes and lipids; use TUDCA, NAC, etc. for protection
- Keep training and nutrition evolving along the way

This foundation is enough to see real results without diving into unnecessary complexity.

STEP 2: INCREASE TESTOSTERONE DOSAGE

Raise test to 375–500mg/week, depending on how well you're responding.

Monitor:

- Estrogen levels (via bloodwork)
- Blood pressure, libido, mood, water retention

A coach helps here by interpreting bloodwork and managing estrogen control if needed.

STEP 3: ADD ANOTHER INJECTABLE COMPOUND

Once test is titrated and tolerated well:

- Add Primobolan 1:1 ratio with test (e.g., 250mg each)
- Helps modulate estrogen levels and provide synergy

Avoid using aromatase inhibitors unless needed. Prefer using compounds that manage estrogen naturally.

Cycle Duration Strategy:

- 3 to 5 months is ideal for a first cycle
- Optional to extend to 9–12 months with structured bloodwork and health management
- If going beyond 6 months, consider swapping in injectables like Primobolan and dropping any orals

BLOODWORK, HAIR LOSS & COSMETICS

- Monitor bloodwork every 6–8 weeks
- Hair loss risk: DHT-derivatives (e.g., mast, tren) may accelerate it

Also monitor:

- ALT/AST (liver)
- Lipids (HDL/LDL)
- Glucose & insulin markers (especially with GH or MK-677)
- Hematocrit & RBC count

A coach with medical literacy can help you interpret labs and implement protective strategies.

SOURCE QUALITY & SAFETY

Your cycle is only as effective as the product quality:

- Verify sources (reviews, tests, packaging)
- Underdosing or mislabeling is common

Experienced coaches often have vetted sources and know the red flags for low-quality gear.

FINAL ADVICE

- Stick to bioidentical hormones as long as possible
- Logbook, nutrition tracking, bloods, and photos matter
- Don't chase drugs when training and diet aren't yet maximized

A coach simplifies and streamlines the process-limiting risk, improving outcomes, and saving time.

FINAL WORD

RISK MANAGEMENT COMES FIRST

Before anything else - cycles, gains, or gear - the most important element of this journey is risk management.

Steroids are powerful tools. Used carelessly, they come with real consequences: long-term hormonal suppression, cardiovascular issues, liver strain, and more. But with structured planning, responsible choices, and regular monitoring, the risks can be significantly reduced.

That's why risk management isn't just a detail - it's the foundation of a proper approach.

It means:

- Choosing the right compounds for your experience level
- Using conservative dosages with smart titration (not blasting on day one)
- Running regular bloodwork and knowing how to interpret it
- Adjusting training, diet, and health supplementation to match your body's changing demands
- Spotting and fixing problems before they grow

This is not about fear - it's about control. You control the outcome when you control the risk.

WHY YOU SHOULD GET A COACH

When you're on this path, having a coach changes everything.

It’s easy to get overwhelmed. The forums are filled with conflicting advice. Most people are guessing. Guesswork gets you nowhere - or worse, gets you hurt.

What I Provide as a Coach:

- Cycle planning with progression strategies tailored to you
- Bloodwork support so you understand what your labs are saying
- Training and nutrition integration to match your enhanced recovery
- Supplementation protocols for organ support, lipid health, estrogen control, and more
- Ongoing check-ins so you’re not alone if something changes or goes wrong

Whether your goal is fat loss, recomp, or lean mass, a proper coach ensures your body stays healthy while you build the physique you want.
This is a long game. You only get one body. Every decision you make now matters a year, five years, even ten years from now.

I OFFER COACHING FOR SERIOUS INDIVIDUALS

If you're ready to take this seriously - not just the muscle, but the process - I offer coaching to people who want to:

- Take the guesswork out
- Stay healthy and productive long-term
- See results without reckless decisions
- Build a physique that lasts - not one that burns out

The smartest users don't go alone.
When you're ready to commit, I'm here to guide the process.

-Coach Edgar