

Cutting Beginner Cycle

Reference Document - For Educational Purposes Only

Cycle Protocol

Testosterone Propionate

Dosage: 400 mg per week

Anavar (Oxandrolone)

Dosage: 30 mg daily

Essential Requirements

Mandatory Components

- **Anti-Estrogen:** Use according to your blood report results
- **PCT (Post Cycle Therapy):** Compulsory after cycle completion
- **Pre-Cycle Blood Work:** Complete blood panel required before starting

Important Reminders

Heavy doses do NOT mean heavy results

More is not always better. Proper dosing, diet, training, and recovery are key to achieving optimal results safely.

Medical Monitoring

Regular blood work throughout the cycle is recommended to monitor:

- Liver enzymes
- Lipid profile
- Hormone levels
- Estrogen levels
- Complete blood count