

# Cutting Beginner Cycle

Reference Document - For Educational Purposes Only

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## 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