

# Celebrities and bodybuilding photos

Celebrities and other interesting bodybuilding photos.

Tuesday, 17 March 2015

## The most powerful anabolic steroid and bodybuilding

Kai Greene, full name Kai L. Greene, is a IFBB professional bodybuilder who has taken the bodybuilding world by storm the first time he won the Arnold Classic in 2009, with a follow up victory in 2010.

As a bodybuilder, Kai Greene is an amazing specimen. At 39 y/o, he's 5 foot 8 inches and walks around at 310lbs off-season! That's a big monster. His on-stage weight is equally as impressive, at an easy 275lbs. He's a beast and really shows it when he's dialed in for a bodybuilding show. What makes Kai Greene impressive is that he can go from 0 to 60 in seconds. Basically, he can show up and place 7th in a show today and 3 weeks later show up and take 1st or 2nd place. This is very unusual, but shows he still has a lot of work to do on his pre-contest preparation.

As with all professional bodybuilders, there is a question about drug use.



There are many speculations about steroid use in the IFBB world, but very few people are actually giving facts. Rich Piana talked about a few steroid cycle for the professionals and a few old-school bodybuilders like Dorian Yates admitted to high amount of steroids used. However, no real facts about IFBB pros steroid use have emerged.

Testosterone Cypionate – a heavy testosterone base is used by most professional bodybuilders as a start to a cycle.

Trenbolone Acetate – tren is used as a hardener and an agent to really change body composition, works perfectly with cardarine (GW).

Dbol – a great oral bulker that works in synergy with anadrol to help you gain

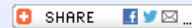
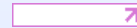
mass.

HGH – helps to lean out, gain mass and get really thick.

Cardarine (GW-501516) – works to combat trenbolone side effects and increase energy, as well as lose bodyfat.

Aromasin – used to combat estrogen side effects from aromatizing compounds.

N2Guard – used to combat negative side effects of steroid use. Helps with liver problems, kidney problems, heart problems and overall body health. It's the best liver support on the market.



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**Clayton Coleman**

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Wk	Testosterone Cypionate	Trenbolone Acetate	Dbol	HGH	Cardarine GW-501516	Aromasin	N2Guard
1	2000mgs/EW	100mgs/ED	100mgs/ED	15 IU/ ED	20mgs/ED	50mgs/ED	7caps/ED
2	2000mgs/EW	100mgs/ED	100mgs/ED	15 IU/ ED	20mgs/ED	50mgs/ED	7caps/ED
3	2000mgs/EW	100mgs/ED	100mgs/ED	15 IU/ ED	20mgs/ED	50mgs/ED	7caps/ED
4	2000mgs/EW	100mgs/ED	100mgs/ED	15 IU/ ED	20mgs/ED	50mgs/ED	7caps/ED
5	2000mgs/EW	100mgs/ED	100mgs/ED	15 IU/ ED	20mgs/ED	50mgs/ED	7caps/ED
6	2000mgs/EW	100mgs/ED	100mgs/ED	15 IU/ ED	20mgs/ED	50mgs/ED	7caps/ED
7	2000mgs/EW	100mgs/ED	100mgs/ED	15 IU/ ED	20mgs/ED	50mgs/ED	7caps/ED
8	2000mgs/EW	100mgs/ED	100mgs/ED	15 IU/ ED	20mgs/ED	50mgs/ED	7caps/ED
9	2000mgs/EW	100mgs/ED	100mgs/ED	15 IU/ ED	20mgs/ED	50mgs/ED	7caps/ED
10	2000mgs/EW	100mgs/ED	100mgs/ED	15 IU/ ED	20mgs/ED	50mgs/ED	7caps/ED

*Trenbolone Acetate use in many cycles.*

Trenbolone is literally the most powerful anabolic steroid conventionally and commercially available. Its an extremely powerful, impressive, and versatile anabolic steroid that tends to suffer from a heavy shroud of rumor, misunderstanding, and mysticism. The fear that many obtain when hearing about this potent steroid can easily be remedied by proper education and understanding, which will serve to bring greater confidence to individuals who may wish to use it, but have previously been too unsure to do so. It is ultimately the fear of the unknown that tends to influence people in a negative manner when it comes to Trenbolone. However, before venturing any further into the details of this anabolic steroid, the following important statement must be made clear: Tren is an intermediate-advanced level anabolic steroid that should never be used by first-timers, beginners, and should never be run in a first-ever anabolic steroid cycle. This steroid should only be utilized and run by intermediate and experienced level tier anabolic steroid users, and it is highly advised that its use only begin to be considered, at the very least, after several basic beginner cycles of Testosterone and other beginner level compounds have been used.

This anabolic steroid can be found in three different esterified variants: Trenbolone Acetate (the most popular and most widely used Trenbolone ester variant), Trenbolone Enanthate, and Tren Hexahydrobenzylcarbonate. The difference between these three types is simply the half-lives and release times, as determined by the ester that is attached to the parent hormone steroid structure. Esters that are bonded to any anabolic steroid in question do not change the actual properties and effects of the compound except for the half-life of the compound and the release rate. The idea here with different esterified forms of different anabolic steroids is primarily one of personal convenience and preference – some prefer faster acting anabolic steroids with a shorter half-life which necessitates frequent injections, while others prefer the longer half-lives of long esterated anabolic steroids that are associated with less frequent injections. The popularity with Trenbolone Acetate lies in its fast acting ability due to the small Acetate ester attached, and also the ability for any user to quickly terminate their cycle should any undesirable effects be unbearable for the user. The elimination of administration for Tren Acetate will result in the compound quickly clearing the individual's body (in a matter of days) leading to a quicker end to any undesirable side effects. The same cannot be said for Tren Enan, for example, as this variant would require two weeks for full clearance of the drug. Tren Acetate holds a half-life of 24 – 72 hours, Trenbolone Enanthate 7 – 10 days, and Tren Hex that of 14 days. The chemical modifications described above result in it becoming dramatically more potent of an androgen and an anabolic than its progenitor hormone Nandrolone, or even Testosterone. Testosterone is used as the baseline reference by which all other anabolic steroids are measured against and compared to (much like how the Celsius temperature scale utilizes the boiling and freezing point of water as the base reference for temperature measurement). As such, we can put Trenbolone's anabolic and androgenic strength into perspective by comparing it to Testosterone. Testosterone possesses an anabolic and androgenic rating of 100 each, respectively. It holds an anabolic and androgenic rating of both 500 each, respectively. In comparison with Testosterone, Trenbolone is five times more anabolic and androgenic in strength than Testosterone. The modification responsible for making it five times stronger than Testosterone is its two double bonds at carbons 19 and 11. Furthermore, for better

understanding and perspective, every potential Tren user must realize that in order to achieve the equivalent strength of 200mg, one would have to administer 1,000mg of Testosterone. In order for an individual to achieve the strength of 500mg of Trenbolone, the equivalent of 2,500mg of Testosterone would be required.

In terms of its metabolism, it has been previously mentioned that its totally resistant to the aromatase enzyme (which is the enzyme that is responsible for the conversion of aromatizable androgens into Estrogen). Therefore, Trenbolone holds zero Estrogenic activity as it cannot convert into Estrogen in any amount. Its also is completely resistant to the 5-alpha reductase enzyme, which is the enzyme responsible for the reduction of Testosterone into the much stronger androgen Dihydrotestosterone (DHT). Trenbolone here as well is immune from interaction with the 5-alpha reductase enzyme and cannot convert into DHT. However, it must be understood that in its own right is a very androgenic hormone (remember that Trenbolone holds an androgenic rating of 500 versus Testosterone's androgenic rating of 100).

The extreme strength of the anabolic nature of Tren alongside the fact that it cannot convert into Estrogen are all factors that enable it to be such a versatile and flexible anabolic steroid – it can provide massive strength and lean mass gains in a bulk, and can also be utilized for cutting and fat loss phases as well. These features certainly crush the age-old rumor that this androgen is only useful for fat loss or cutting and/or for a pre-competition phase. These rumors have circulated from individuals within the anabolic steroid using community who are uneducated on its features. This is also very supportive of the fact that there is no reason for utilizing Tren at extremely high and unnecessary doses. This is especially true if an individual is a beginner to use.

#### **Trenbolone Side Effects:**

The final property of Trenbolone to be covered is that of its commonly labeled 'harsh side effects'. Side effects will be covered in greater detail later on in the profile, but what must be understood in regards to Tren possessing 'harsh' and unique side effects is the fact that it is a 19-nor Progestational compound. Studies have shown that 19-nor anabolic steroids tend to exhibit binding affinity for the Progesterone receptors in the body. Trenbolone in particular possesses very strong binding affinity (much stronger than Nandrolone) for the Progesterone receptor. As mentioned above, this is one of the factors involved where it possesses side effects that are almost never seen in other anabolic steroids that are not Progestins. Progestogenic side effects are almost identical to Estrogenic side effects, and they include: severe endogenous Testosterone production shutdown/suppression, gynecomastia, and water retention. It has been determined that the activity of Progestins is closely correlated with the activity of Estrogen in the body.

Posted by Clayton Coleman at 05:08

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