



X



ANABOLIC ARCC

# BLOODWORK CHECKLIST

FOR ENHANCED ATHLETES



LABORATORY

HEMATOLOGY

Test	Quantity
Hemoglobin	2
Hematocrit	2
RBC Count	2
WBC Count	2
Platelet Count	2

By **TEAM MUSCLE FACTORY**  
X  
**THE BODYBUILDING DOCTOR**

WWW.THEBODYBUILDINGDOCTOR.IN

# Bloodwork Checklist for Enhanced Athletes

**Stop Guessing. Start Understanding Your Body.**

## WHY BLOODWORK MATTERS

### Most athletes rely on:

- Guesswork
- Bro-science
- Random advice

*But your body doesn't respond to opinions it responds to biology.*

### How Bloodwork Helps You:

- Understand your hormonal environment
- Detect issues before they become serious
- Optimize performance safely
- Adjust cycles intelligently

### Reality:

Two athletes can run the same cycle and get completely different results because:

- *Hormones differ*
- *Liver response differs*
- *Lipids differ*

### Conclusion:

**If you're enhanced and not tracking bloodwork, you're flying blind.**

# PRE-CYCLE TESTS

Before starting any cycle, establish your baseline.

## Essential Tests:

### Hormones:

- Total Testosterone
- Free Testosterone
- Estradiol (E2 – Sensitive)
- LH & FSH
- Prolactin

### Liver Function:

- SGOT (AST)
- SGPT (ALT)
- Bilirubin

### Kidney Function:

- Creatinine
- BUN
- eGFR

### Lipid Profile:

- HDL (Good Cholesterol)
- LDL (Bad Cholesterol)
- Triglycerides

### Blood Health:

- CBC (Hemoglobin, RBC, Hematocrit)

### Goal:

***Know where you stand BEFORE you start.***

# ON-CYCLE TESTS

Monitoring during the cycle is non-negotiable.

## When to Test:

- Every 4–6 weeks

## What to Monitor:

### Hormones:

- Estradiol (E2)
- Prolactin (especially with 19-NORs)

### Liver Stress:

- AST / ALT

### Lipids:

- HDL (usually drops)
- LDL (usually increases)

### Blood Thickness:

- Hematocrit
- Hemoglobin

### Warning Signs:

- HDL crashing
- Liver enzymes rising
- Hematocrit increasing

### Goal:

Catch problems EARLY — not after damage is done.

# POST-CYCLE TESTS

After cycle or during PCT, recovery is the priority.

## Key Tests:

### Hormonal Recovery:

- Total Testosterone
- Free Testosterone
- LH & FSH

### Estrogen Balance:

- Estradiol (E2)

### General Health:

- Lipid Profile
- Liver Enzymes

### Goal:

- ***Restore natural hormone production***
- ***Normalize health markers***
- ***Assess recovery success***

### Reality:

- Feeling “fine” ≠ fully recovered
- Only bloodwork tells the truth.

# KEY MARKERS (SIMPLE EXPLANATION)

## Total Testosterone

- Overall hormone level
- Doesn't show usability

## Free Testosterone

- Active hormone your body can use
- More important than total
- Estradiol (E2)

## Essential for:

- Libido
- Joint health
- Mood

Too high OR too low = problems

## HDL / LDL

- Heart health markers
- Most cycles destroy HDL

## AST / ALT

- Liver stress indicators
- Elevated = warning sign

## Hematocrit

- Blood thickness
- High = cardiovascular risk

# COMMON MISTAKES

- *Only checking Total Testosterone*
- *Ignoring lipids*
- *Skipping bloodwork completely*
- *Running cycles without baseline*
- *Not testing during cycle*
- *Blindly using AI without data*

## Biggest Mistake:

- *Trying to fix problems without knowing the cause*


## Want Personalized Guidance?


- We don't guess
- We analyze, structure, and optimize.

### Services Available:

- *Cycle Design*
- *Bloodwork Analysis*
- *PCT Planning*
- *Contest Prep & Peak Week*

### Contact:

 98783-01160

 [www.thebodybuildingdoctor.in](http://www.thebodybuildingdoctor.in)

Your physique is built in the gym ,  
but your health is controlled through data.