

AlinBoard: Anabolic Steroid Discussion Forum

Did My First Shots Of Synthol Today !!!!

<http://www.alinboard.com/showthread.php?p=21073>

N.B. Synthol also known as Syntherol

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R1

I used 25 gauge syringes, i shot 1cc into each bicep head, in each outer and inner bicep muscle, and the triceps also, and my problem is, my arms hurt like hell, is this normal for my muscles to hurt so bad. i massaged them real good after the injections, no lumps formed at all, i did the low weight, high reps for a warm up at the gym. Has anyone else had these muscle pains after their SYNTHOL injections. please let me know thank you

here are the muscles i inject everyday; bi-ceps- each head, inner and outer per day working up and down the muscle for each point of injections. tricep- 1 head per day. deltoids- main outer each day, and rotate from front to back each day also. and the results are GREAT, and the muscles are rock hard, and look natural. I do not understand why so many people trash talk SYHTHOL so much, it does what it suppose to do

R2

Yes, that is normal. The pain will be less and less each day until after the first week you will not feel it anymore. Synthol is great stuff. You will be pleased. Same reason why naturals trash gear users - ignorance.

R3

I agree. Syntherol is a great product.

R4

Yep normal. It feels a Bit like a brutal workout to where you can barely straighten your arm out all the way. In the beginning I remember many days going into work sore as can be. Just keep stretching it out and straightening your arms. As R2 said it'll get better as you go.

R5

Ditto, this is my experience. Now my calves are only really sore/stiff first thing in the morning or just after injections.

R1

well the soreness is starting to go away, and i have to say, I LOVE THE RESULTS SO FAR. I have put at least 3/4 of inch to my arms already, my shoulders are wider also, plus my traps seem to be more noticeable also. I've noticed that my muscles seem to flex very easily, just by moving my arm, what i mean is, the muscle seems to pop/bulge out if i barely move my arm, I've had friends notice that the other night, plus the wife likes the way my bi-ceps, and tris look, more define. the only problem i have is , NOT THE SYNTHOLS FAULT , i have a huge bruise on my right tri-cep from injecting, besides that I am very happy indeed. thank you

R2

Sounds good, but make sure you follow my guide, otherwise the results will not be permanent!

R11

Where can I get a list of these guidelines??? (I also need someone to use my tri's as a dartboard, but that's another story) My triceps are soooo stubborn, it's not even funny! I've beat the living piss out of them in the gym and still they are falling behind!

R2

<http://www.professionalmuscle.com/forums/showthread.php?t=205>

R6

Absolutely normal brother. Also the bruising does occur often with me, but Synthelamin B-12 calmed it a lot. But yes I did bruise most of the time. The outcome you will be impressed with so just stick with it. Keep your stock up, because with what you are doing you'll want to keep a few bottles on hand. It does go rather quickly for such a large bottle because of the large doses per day. Good luck man.

R7

your shoulders are wider, and traps thicker? damn dude, are you stickin it everywhere ? :p

R8

Could R1 be our first synthol in the pecker person???? I reckon if it added 3/4 of an inch girth, the chicks will not even look at the other muscles.....Well that's my story and I am sticking to it :D

R2

I hope all the newbies realise this is a joke, as injecting in the penis can kill you. The penis is not a muscle so the principles of Syntherol use will not work, all it will be accomplished is injecting oil directly into a vein - dangerous.

R9

Damn still with the penile injections? Persistent. Synthol hurts initially because it stretches the muscle belly's correct? That's how it increases growth I believe because it increases the size of the muscle belly.

R2

Correct.

R8

if it increases growth so rapidly, what happens to your skin??? And more so, what happens if you stop taking it and reduce in size? stretch marks?? :eek:

R2

I never heard of anyone getting stretch marks from syntherol use.

R10

R2 you seem to be the man on this subject! Help me out Bro.. Is Syntherol just to get you over a plateau? Or can it be used just to help the growth? I know how it works (I have read

your article more than a few times) :D Also can you use it during your off cycle? And one more question, with 6 sticks a day in each bicep how do you prevent needle marks? :eek:

R2

You can use it for either, getting you over a plateau or to help growth. You can use it off cycle too, but ideally you should be on gear to create a maximum anabolic environment. That being said, a lot of naturals use it too. You don't do 6 injections per day in each bicep. One injection per day in each bicep head (2 injection per arm per day).

R10

Ok that's my bad I misunderstood the article. So you inject once per day in each bicep, alternating to 6 different locations. What gauge pin do you use?

R2

<http://www.howtodoinjections.com/seoguide.html>

R10

So you are seeing even growth? How bad are the bruises? Can people tell your on something?

R1

06-21-2006, 11:52 AM

i do martial arts training, so it's not unheard of for me to have bruises, and the only way if you look really close at my arms, and that's not going to happen, i did have a friend at the gym today ask me what kind of cycle i was on, as i have bought some gear from him in the past, when he had extra. I just laughed and thought the SYHTHOL is some good shit. I did let him know what i was using, he asked for the web site info , so he will be ordering some this week.

R1

i got my first lump today, it was my right side frontal part DELTOID, it burned like hell, I found a way to help message it out, here is what i did ; while i was messageing it, i had the wife heat up the HEATING PAD in the microwave, as the pad was hot, i let it rest on the lump that formed for a good 10 minutes, it heated up the oil and the blood, and the muscle too, after i did that, i messaged it really good, and the lump was messaged out, the trick was to heat up the lumpy area, i thought i would share this information just in case anyone else had gotten a lump, or for future reference. All i had to do was warm up the oil in the lump to make it easier to message in....

R8

R1, I hope you don't mind a little teasing..... :D I got a lump after my injection too...I messaged it all day, sms's every fifteen fucking minutes, no answer, and the swelling would not go down! Next time I am just gonna call that motherfucker! And don't worry ace, my spelling suck piles worse than yours :eek:

R1

Iam serious, the heating pad seemed to do the trick, it really helped me to work away the lump.. give it a try next time.

R2

Heat pads work miracles.

R12

how the heck does one safely inject the tris? I am so afraid that I am gonna miss something because of the angle and I can't trust anyone to help me. BTW I have 25% bf (i think) so I don't have the definition to be completely sure of where I am sticking myself.

R6

if you are at a quarter body fat, I would definitely recommend cutting down a little first. Get yourself in the 15% range if possible otherwise you may not be able to notice the differences that Synthol makes.

R2

Agreed.

As far as injecting tris yourself:

- sit down on the floor next to the bed.
- sit at an angle, so the arm to be injected is running across the top of the bed edge
- push the arm against the bed and have the tri hanging down off the edge
- inject with the other arm, with the syringe going upwards. Very easy to inject, aspirate and push the plunger. For accuracy, look in the mirror first before you inject and mentally mark the spot.

R12

can I leave this out, or should I refrigerated it (being an oil, I would kinda doubt refrigerating it.) Also, is the plastic top self-sealing, or do I open and draw the 2CC?

R2

Room temp is fine. You draw through the top. Underneath it there's a Teflon lining which seals every time you pull the needle out.

R12

thanks for the fast response!! I will let you know how much I cry when I try tomorrow and now it also seems that I need to buy another bottle if I am to do this correctly. I got everything from the company so fast as so discretely. Well, I think discretely....I had a sticker on both boxes saying "ID recorded" what the hell is that supposed to mean...am I under profile?

R2

That's an Australia Post sticker. Any international package sent from Australia needs the sender to photo identify themselves (9/11 hysteria). When the sender identifies himself, the orange ID sticker goes on the package. It has nothing to do with the receiver.

R15

Syntherol is sent from Australia? Damn! And here I was wondering how to get it by Australian customs!

R12

there is nothing illegal that I know of about it so even if it was from another country, there should be no problem.

R14

Yup, totally legit.

R12

I am having a hell of a time drawing through a 25g needle, but I have one prepped and will be prepping the second. will little bubbles be a problem? there are a few small ones, but I see they dissappeared after letting the prepped needles sit for about 5 minutes.

R2

Draw with a 21g and inject with a 25g.

R12

it didn't even hurt. I am massaging and am out the door to hit the gym. ok, almost 2 hours later...slight soreness, less than my flu shot though. feel a slight pump but no lumps. I will continue to occasionally massage the bi's a bit through the day, especially as the soreness starts to grow (and it is now that my workout is over). gonna need to place another order for needles and synthol since 100g will probably not be enough for a correct cycle. I have an appt on a military base hospital....how do I hide the injection sites? I know the Docs will notice.

R2

The injections themselves don't hurt. Don't worry, the soreness will come! ;) It subsides after 1 week though. How can they notice injection sites? Needles don't leave marks unless you bruise, and then you can just say you bumped yourself. Or injected some B-12. gonna need to place another order for needles and synthol since 100g will probably not be enough for a correct cycle. Like everything else, make sure you do it properly or you will not be happy with the results.

R12

yeah, next day I have that typical injection-in-the-muscle soreness now. one question, I can inject at work where i can close my office door, but there is no way at home on the weekends, I am rarely alone long enough and my wife would kill me if she found out.. Would I suffer greatly if I skip the weekends? PS I cannot hit the Gym every day either, just not possible.

R2

First of all, you are not supposed to hit the gym every day. As far as the pumping sets after the injections, just do 2 sets of 30-50 reps with a bottle of juice in each arm, etc. You have to do the weekends. Why don't you take the syringes, etc. in the shitter and lock the door?

R12

too bad there is no way to safely re-use a needle. I mean, each injection is a new needle. that add up very fast and with some folks injecting 10 times a day, that's 100 needles in 10 days, an awful large amount of biohazardous waste.

R2

Pins are cheap, who cares.

R13

Yeah, Sterile Syringes is a sponsor. It's cheap, so hit em up.

R12

would you recommend a stealth cycle with very low side effects? now that I know I can handle pins (thanks Big A for helping grow a set to go this far) I plan on taking it a bit more seriously, but I am not looking to spend all my money on PCT. (or would this be another forum?)

R8

this raises a question on disposal....where do you guys dump you used pins???? Do you have an autoclave?? I have a bag full of hazardous shit, and have been thinking of how to get shot of it....Where do insulin dependent people put used syringes when they are jabbing every day???? I am loathe to put it into the trash.....Probably a daft question, but we all have a need to dispose, maybe sterile syringes have a mini auto clave system??? : confused:

R13

Autoclave is like a microwave for sterilizing operating tools after use and cleansing. You would not use this for pins. Pins need to be disposed in a sharps container!

R12

"Autoclave"? what are the chances of hitting a vein after you aspirated? what would happen? is it OK to go heavy after injecting? My heavy day is at least once a week

R2

After you aspirated and if you do not move the needle around, you will be fine. If you happen to get some oil in a vein, you will have a coughing fit until you expel the oil through the lungs - scary as hell the first time it happens!

R8

Ahhhh :oand there I thought I had a firm grasp of the English language! LOL
Ok, where would one find a sharps container, and where to from then....

R13

You can even order one from one of the Pinz dealers.(PM me for that) From there, I have know idea but I'm sure some one around here know.Just leave your pinz on the nearest vet. or hospital door step @ night. :D HAHA! I was meant to quote R12 to tell him what it was. Didn't mean to insult ya fly. :p

R8

HAHA! I was meant to quote R12 to tell him what it was. Didn't mean to insult ya fly. :p
Never took it as an insult! I ain't bright enuff for that !LOL :D

R12

Lifting hard after the synth shot, is this bad? Oh, and now my third day is here and all i can say is OUCH. I am afraid to even stick my self where I am already hurting...no choice though.

R2

Lifting hard is good for it. The pain will subside after the first week, when eventually you will get no pain at all no matter how much you inject.

R8

Big A, took my delivery today, two bottles....I have 8 weeks to go on my present test e and decca cycle...should I start now, or wait the painstakingly long time till my next cycle?????? :D

R2

Definitely you can do it now. You will be on gear for another 4 weeks after you finish the 30 days of Synthol, so it's perfect.

R8

As always, thank you for the swift response.... :D

R12

man! I hit a nerve I guess cuz my Bi jumped :eek: , I had to withdraw and poke someplace else. I still break out in a bit of a cold sweat when i need to inject....hard to get over, y'know! my bi's look swollen and some folks have already noticed. despite the pain, my strength is still there. last night my bi's were hot to the touch. do i always need to worry about lumps, or just the first week? i must be asking the most questions of anyone on this board, and if I am annoying anyone, I apologize as that is not my intent. whenever I do net searches, I never get a straight answer and the results usually lead me to an advertisement.

R8

Keep asking them questions, some of us are learning how to do it while you are doing it...I am still working up the the nerve to inject in the bi's. You doing tris too? I have my bottle, a box load of 27g, 1/2 inch pins, and tomorrow is arms....a little poke in the morning is a great way to start the day :DAND its maids day!! :D

R2

You always have to worry about lumps.

R12

as for working up the nerve, you have to think of why you are doing it, grit you teeth and just do it. no, I am not doing my tri's as I don't think I need to. the only place on my body that seems behind is my bi's and that is why. I do not foresee the need to do another syntherol cycle unless something else in the future falls behind, but with all the great advice I have been getting on this site, I doubt it.

1/2" pins? you must have very little BF right now. I got 26g, 1" to make sure I got in the belly of the biceps. it is so cool now....I don't jab anymore, i slide the pin in and I even watch now. I am amazed that the needle, once past the skin (which I barely feel anyway) causes no pain, unless I hit something.

R8

..Nah, just big bi-ceps...LOL... I just went by the book, read Big A's article, and got them 1/2" pins.....I have a gazillion 25g, 1 inches tho.....Am still trying to overcome the sweat palms and mental block for the first injection into the bi. If the 1/2 inch puppies don't work, I will use the seventeen foot 25g ones :D

R12

I guarantee that if I came up and b!tch slapped you ,you would have no problem shoving the pin in. :eek: ...only problem would be how far you shoved it in.....my forehead :p .ever get pissed off about something and did something real stupid without thinking about it :mad: ? try that :D .

R8

yeah yeah smarty pants! Just to spite you I injected my first shots to day! Used the 25g 1 inch. I would appreciate everybody amending their previous posts...Please use VERY in front of the words painful! :D

R12

not painful until the 3rd day for me but today I hit a goddamn vein twice, I swear the needles dull up real fast!!

R8

Second day, just feels like that pain in the arms when ya stopped gym for 6 months, became fat and lazy, then started again with arms, thinking you can do the same weight!...Or like I have been attacked by a group of women with a grudge!! :D Went hunting around for thinner needles today, and also had a massage with "thin fingered Suzi Wong", who discovered that she could bring tears to the eyes of a grown man when she squeezed my bicep..... :D Massages are now a thing of the past..... :mad:

R12

i am finding my pain to be more of an allergic burning like I got stung by a wasp again. but now I find the pain trickling down to the inside bottom muscle opposite of my elbow. I wonder how much this stuff moves around. tomorrow will be the one week shot. I hope big A is right about this pain going away.

R8

Third shots today behind me now...pain more muscular than anything...don't know if it is imagination, but look fuller? Don't feel like I have much strength, but I think that is associated with the muscular pain.....NOT looking forward to bi's on Wed, but, if it wasn't a little sore, EVERYONE would be doing it :D

R13

Great attitude fly! Are you doing the bi's or forearms?

R8

Bi's this time, tri's and fores next time.....Wanking is just WAY to important to me at the moment :D

R13

I hear ya bro! :D

R12

on day eight and I am beginning to get sick of stabbing myself twice a day. I think I have a "lump". but no where near where I injected. it is just inside of the elbow

toward the body. it is sore as hell too. feels like I tore the muscle or something. I am gonna put a hot pad on it later and see what that does for me.

R2

It sounds like some oil travelled. That happens when you miss the muscle head.

R8

Before I speak too soon, I think the SEO gods are smiling upon me...Still feeling a little stiff, the jabs are a pain in the ass, takes me fifteen minutes (but I am anal when it come to getting everything clean and ready, and also think it is good to be mentally prepared before the thing :-)), but beside thats, no real pain, just a dull ache, not uncomfortable at all....Really noticeable difference it makes tho! and I am only four days into it....Collecting my 30g box of needles today, well chuffed that it will be even easier..... :D Why two jabs R12...you splitting bi's and tri's??? I do all four site s in the bi's am, and am done with it.....

R12

am just doing the inner bicep.I don't want to hit the outer one until I cut up more so that I can see it properly. besides, my bi's were lacking in width as well as a peak, I am more comfortable with one jab per arm then too, I shake enough as it is. BTW, I put one of those thermacare heating pads on my arm and it is feeling better.

R2

You have to inject the outer head if you want a peak.

R8

Bloody chinkboo chemist didn't have my 30g needles so it is "suck it up time" and just carry on with the twenty fives.....I am happy with the 4 jabs per day, inner and outer....Am looking forward to poking them triceps too...but next cycle.....HmMMM the mental jury is still out on the forearms tho.... :D

R2

www.sterilesyringes.com for 30g needles.

R13

So you're doing fore arms right? Have you hit any veins yet?

R8

Nah, the jury is still out on whether to do them. I want me Popeye forearms but I got me Olive-oil courage!! LOL I did hit a nerve in the bicep.....everything went sort of "boink", moved about a bit then settled down to a relaxing inhalation of the oil. It is the bomb....My pain is now only there if I curl my bicep tight. Normal straight arm and dragging the old knuckles on the ground is not as painful as the first day...Hey R2, if the pain goes away relatively quick, am I not doing it right, or did I just score a luck with the pain threshold? Trust my luck, tomorrow I will cry like a baby :D But what I can say, I hope I can keep the size up, the stuff so far is mc-coy!!!! :D

R2

You are doing it right. Just like everything else, everyone is different. The pain factor varies between everyone. Make sure you do my course to the letter and you do the maintenance period properly if you want the gains to be permanent.

R8

Fingers crossed!! Following it to a t! Have the lap-top on with pictures as I inject...been very lucky, no veins so far, no bruises, subsiding pain, growing biceps (I keep wanting to just put bi, but I know how some of you buggers think...growing bi is just not on!!)...and very happy syntherol guy, will get some more for the next cycle too, tri's next time...ANY takers for suggesting forearms injection points.... :D

R9

Fly guy you're doing syntherol? Damn tell me how it works out for you

R12

You have to inject the outer head if you want a peak. thing is, I am not at the stage of definition to see it properly. I am getting some good width finally even with my arms straight which is what I am looking for. I know a lot of folks who have nice peaks, but it looks so narrow. I don't need that.

R2 says I missed the head. Shit!!! that must mean i wasted 1ml of this stuff!

How the hell did I miss!!!??? Luckily it is my right arm and it is already bigger than my left (ex-shot-putter, discus and Javelin thrower, I'll never get them even again it seems) how long before it should dissipate do you think?

R8

I am 5 days into it, that's 20 jabs, 1ml each....works like a charm!! Took some sweaty palms to overcome the bicep jab, the pain was like a dull throb the first couple days, but now all is hunky dory!!! I am wondering when I get to the 2ml per injection and then 3ml per injection how things are gonna be - not from the pain, as I reckon that will be a thing of the past, but the size.....Maybe it is wishful thinking, but I reckon they is bulging bloody fantastically already.....I keep telling myself try the forearms, but slowly slowly.....I don't want to start and not continue.....Thirty days, and then correct maintenance, if you ain't happy to inject into an area is a LONG time..... :D

R8

R2, on the triceps, do you recommend the same 1,2,3 system for the thirty day period? Three ml into each tricep for the last 10 days seems like a whole lot?? But hey, if that's what it is, no worries my side.... :D

R2

Yes, exactly the same procedure for tris as for bis. You might not need the outer head (horseshoe though) and if you do need it, there inject 0.5ml/1ml/1.5ml instead of the 1/2/3 that you inject in the other two heads.

R9

I'm not to knowledge on synthrol but triceps make up more of the arm then biceps do... most people that want big arms always shoot for biceps... but the key is always tri-ceps...

R8

Mine are cool and I will poke them a little later, was just going to get the timing right, 5 jabs per arm per day is a fuck load! That would be 15ml in each arm for seven days during the last ten days of the seo cycle.....Picture that amount of liquid in ya arms!!! Tris will follow, mercy boocoooooop very much!! :D

R12

another muscle I would not try until i have cut up a bit, I know how painful it is to miss the head. besides, My tri's are a good size for me and I can get them big rather quickly when i work on them.

R2

Most common is when the needle goes all the way THROUGH the head and you inject between the bone and the muscle. Then the oil goes downwards - gravity. Takes a little while (weeks) until it dissipates from there.

R14

This is a great thread! 10+ yrs/exp with gear, but recently started to consider synthol (sp?). I think using it will be a good idea once my summer run is over and bf is spot-on for easier injects. Shitload of good info just reading this thread. BUMP-BUMP-T-

R12

I looked at my schedule I made using Excel and thne looked at R2's instructions and realized I made a big mistake and I am posting it just to make sure I am right and/or no one else makes the mistake either. the maint. cycle is 3ml per muscle head every week. I almost thought I had to shoot the inner bicep 3 time each week with 3cc like I saw in the pics.

R2

Maintenance is just 3ml at once in each bicep head once a week. BTW, you are injecting the inner biceps which hurt like a bitch compared to the outer bis which are totally painless. My favourite injection site.

R12

once my BF% gets down to where the separation of the 2 is obvious, I may consider it, only if my Tris don't look like they are being neglected. I don't want to look lopsided in the arms. after 8 days, they finally have a good balance between the Bi's and the Tri's.

R8

I prefer the inner head, no pain at all.....Fuck me I hope i haven't wasted half a bottle and my feet get swollen with the juice running down there :D

R16

any of you guys plan on posting before and after pics? :)

R8

I may do a little photo shop rendition...the body of static, the dashing good looks of Bod (which one I am not sure!) and PS for all you rusty sheriffs badge lovers, it is not a gay comment! :D

R17

We know you're not gay Fly guy...although there was a rumour about you being a lesbian trapped in a man's body.

R8

I am the same as all of us...bi-sexual.....if I don't get it, I buy it :D Just kidding.....sort of..... Better than being tri-sexual, where you are willing to give anything a go to see if ya like it :D My best saying is, and it is a great joke..."I am not gay, but once I slept with a bloke who was..." :D

R2

Don't worry. The reason why don't hurt as much as others is either you have a high pain tolerance level or you have very flexible fascia. Either way, you are lucky.

R8

That's great news.....sad thing is, I love clothes, and buying some new Hugo suits and shirts yesterday, the sleeves are too narrow....Grrrrrr..A slim cut 54 jacket looks the bomb, but not without sleeves :mad:

R17

Yeah, that is the downside to being big. Trying to find nice clothes that fit well can be tough. When I lived in LA, I was fortunate enough to have friends in the garment industry, so I got alot of tailor made stuff.

R9

Hahaha you know when I was in HK last I went shopping with a friend in the "Times Square" area and we went to FCUK and I saw 2 really nice shirts, I tried on the XL's and my biceps were so tight that I couldn't move my arms and my shoulders were so broad I couldn't move my arms in, I had to get my friend to help me take it off so I didn't rip it.

R12

I just bought a custom made suit the other day....I hope it fits me in a year. If I lose plenty of weight while still packing on pure muscle, i should have no problem.

R17

Hey fly, did you hear what Charlie Sheen said in an interview when the asked him about all of the call girls? He said he doesn't pay them for the sex...he pays them to leave!!! That's the greatest line I've heard in a long time.

R12

well the synthol bulge is obvious. I wore a polo shirt that I haven't worn since last year, and the arms were obviously too tight. Yeah Baby!! Hey Big A, since a full cycle of synth only uses about 156 ml, how long can I let a poked bottle sit around before I start another cycle? Or could I just extend the maintenance period till i finish the second bottle up?

R2

The bottles are good until the exp date on the bottom, but if you have an opened one, I'd use it by extending the maintenance cycle, that way you won't run the risk of the oil becoming unsanitary due to whatever storage facilities you have if you decide to store it.

R12

OUCH :eek: I am doing 2ml per arm now and it is feeling even more sore than before. I wonder what 3ml will feel like. tell me if I did something wrong. Shot my right arm, aspirated and got blood :eek: .Pulled out, expelled the blood on a sterile tissue and tried again, but there was still a small amount of blood in the syringe. is this bad :confused: ?

R8

Ahhhh I LOVE this shit...no pain, all gain....bring on the 3 ml shots big daddy.....
Did get my first bruise tho...ain't hit a vein yet (touch wood...thanks proviron!!LOL)
Your info is the bomb Big A, I follow it to the letter, and it is purrrrrfect! :D

R2

tell me if I did something wrong. Shot my right arm, aspirated and got blood: eek: .
Pulled out, expelled the blood on a sterile tissue and tried again, but there was still a small amount of blood in the syringe. is this bad :confused: ? No, you just put it back where it came from ;)

R18

Since this is "THE" Syntherol thread I thought I would post my impressions on my first shots on my calves. First let me this about the post-injection pain on the inners YEE-OOW! Don't plan on dancing or running for about 36 hours. About an hour after injection I went to the gym. The whole time I was walking around like I had something up my arse. The next day I did the outers which were much less painful. The best way to figure out where to stick yourself is to go to a full length mirror and figure out where the widest point of your calves are. Get a marker and draw a dot on each side. Now get your pin ready and look were the dot is and notice which muscle bundle while your calves are still semi-flexed. You will need to find this bundle when your muscle is not flexed so you can stick yourself. Like Big A says get yourself an anatomy chart. You might be surprised where things really are. If you are like me you are going to come in at about a 3 o'clock angle. 12 o' clock being your chin side. Pain starts in about 45 minutes. I have probably muttered to myself "no pain, no gain" more times in the past 2 days then I have in 25 years of lifting. Enjoy!

R2

Calves are the most painful body part to inject in. There's a guy on professional muscle that is about to start injecting the hamstrings! :eek: Bumping a good thread with a lot of good info. That's funny as hell! :D