

# 7 CRITICAL MISTAKES GUYS MAKE ON TRT

*AND HOW TO FIX THEM BEFORE*

*THEY WRECK YOUR RESULTS*



*CJ | FORGED PHYSIQUE*



A man with a beard and tattoos is working out on a red gym machine. He is wearing a green tank top and black shorts. The machine has large weights and a red frame. The background is dark with some blue and white decorative elements.

## INTRODUCTION

# WHY YOU STILL FEEL LIKE CRAP ON TRT

You're injecting testosterone, but you're still tired, soft, unmotivated, and barely making progress in the gym. You're not alone.

TRT (Testosterone Replacement Therapy) is supposed to optimize your life — not leave you frustrated. But most men are making foundational mistakes that completely sabotage the benefits. Whether you're working with a clinic, self-managing, or "just trying it out," the truth is:

**Testosterone doesn't work unless YOU do it right.**

This guide breaks down the most common (and costly) mistakes guys make when they start TRT — and what you can do to fix them.

Let's get into it.

## MISTAKE #1

# ***YOU HAVE NO IDEA WHAT'S HAPPENING IN YOUR BLOOD***

TRT without bloodwork is like driving a racecar blindfolded.

Most guys skip labs. Or worse, they don't even know what to look for. You need to track your internal health just like you track macros or your training split.

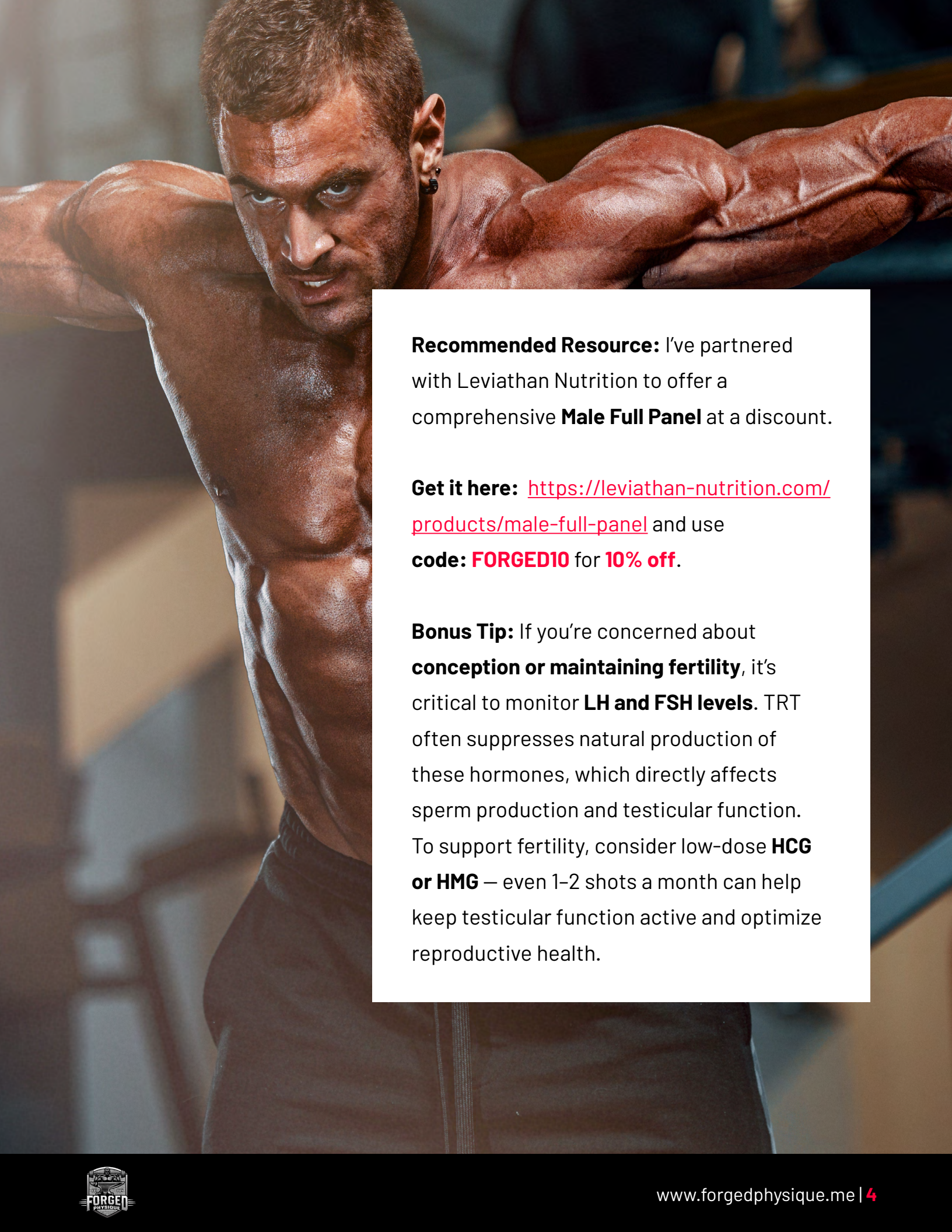
### **Key blood markers you MUST track regularly:**

- ✓ Total Testosterone
- ✓ Free Testosterone
- ✓ SHBG (Sex Hormone Binding Globulin)
- ✓ Estradiol (Sensitive E2)
- ✓ LH/FSH (if you're concerned about fertility)
- ✓ Hematocrit & Hemoglobin
- ✓ Lipid Panel (HDL, LDL, Triglycerides)
- ✓ PSA (Prostate Health)

**Fix:** Get bloodwork done at least every 12–16 weeks.  
No excuses.







**Recommended Resource:** I've partnered with Leviathan Nutrition to offer a comprehensive **Male Full Panel** at a discount.

**Get it here:** <https://leviathan-nutrition.com/products/male-full-panel> and use **code: FORGED10** for **10% off**.

**Bonus Tip:** If you're concerned about **conception or maintaining fertility**, it's critical to monitor **LH and FSH levels**. TRT often suppresses natural production of these hormones, which directly affects sperm production and testicular function. To support fertility, consider low-dose **HCG or HMG** – even 1-2 shots a month can help keep testicular function active and optimize reproductive health.

## MISTAKE #2

# YOU'RE PINNING ONCE A WEEK (OR LESS)

This is the most common mistake, and it's wrecking your stability.

Pinning once weekly causes **massive hormonal peaks and crashes**. You feel great for a day or two... then irritable, tired, bloated, or moody the rest of the week.



**Testosterone Cypionate and Enanthate have half-lives of ~4-5 days** — but blood levels peak fast.

**Fix:** Split your weekly dose into two injections. For example:

- 200mg/week → 100mg Mon, 100mg Thurs
- Use 25G-27G ½ inch insulin pins for subq or shallow IM depending on your preference

**Bonus:** Less aromatization, fewer side effects, more consistent energy, mood, and libido.





### MISTAKE #3

## YOU DON'T KNOW YOUR ESTER OR DOSE

There's confusion between Testosterone Cypionate and Enanthate.

They're similar — both slow-release — but:

- **Cypionate** has a slightly longer half-life
- **Enanthate** is used more internationally
- Your response may vary based on carrier oil, injection site, and metabolism

### Fix

- Start with what's more accessible (often Cypionate in the U.S.)
- Test and adjust every 8-12 weeks based on how you **feel** and what bloodwork shows
- Avoid jumping protocols based on what worked for someone else on Reddit

## MISTAKE #4

# YOU'RE NOT MANAGING ESTROGEN

Some estrogen is essential for men – but too much can ruin everything.

**Symptoms of high E2:** mood swings, water retention, chest sensitivity, anxiety

But the solution isn't always an AI (Aromatase Inhibitor). Overusing Arimidex or Letrozole can **crash your E2**— leading to joint pain, depression, and poor libido.



### Fix:

- Start by adjusting injection frequency (splitting doses lowers aromatization)
- Use bloodwork, not symptoms alone
- Only introduce an AI *if needed* — and go low (e.g., 0.125mg Arimidex 2x/week)





## **MISTAKE #5**

# ***YOU'RE TRAINING LIKE YOU'RE STILL NATTY***

TRT increases recovery capacity – but most guys keep their same old program.

You can handle more volume, more intensity, and need to push progressive overload harder.

### **Fix**

- Train 4-5x per week with an emphasis on compound lifts
- Use double progression models (increase reps and weight)
- Add structured deloads every 6-8 weeks
- Prioritize sleep and intra-workout carbs for recovery



## MISTAKE #6

# YOU'RE NOT MANAGING STRESS, SLEEP, AND CORTISOL

TRT doesn't override poor lifestyle.

**High cortisol = low testosterone conversion = poor results**

### Fix

- Prioritize 7-9 hours of deep sleep
- Consider a nighttime recovery supplement (Magnesium, Glycine, Apigenin, etc.) Cut blue light, stress-eating, and all-nighters

TRT is the foundation — not the fix-all.



## **MISTAKE #7**

# ***YOU'RE GUESSING INSTEAD OF FOLLOWING A SYSTEM***

TRT should never be guesswork.

If you're just injecting "some amount" of test and hoping to look like a Greek god... you're setting yourself up for failure.

The right system tracks: bloods, training volume, macro precision, injection timing, sleep, and stress.

### **Fix**

Work with someone who's done this for themselves and for hundreds of clients — not an anonymous bro online.





# ***READY TO FIX YOUR TRT PROTOCOL FOR GOOD?***

**If you're tired of:**

- Feeling foggy or Fat despite being “on”
- Not knowing your numbers
- Wondering why your body still isn't responding

...then it's time to take this seriously. I help men dial in their TRT, training, and recovery so they stop guessing and start growing.

**Fill out this short form** — we'll look at your current situation and forge out a plan.

You'll also be able to schedule a strategy call right after. Let's get your hormones — and your body — working together, not against you.

**— CJ Forged Physique**