

HOW TO RAISE YOUR TESTOSTERONE

The simple and direct Training Program & Nutrition Strategy to increase your Testosterone, ramp up your sex drive, boost your self-confidence, make you stronger, and help you live longer.

By Eric Guttman

Disclaimer

The exercises and advice contained in this report may be too strenuous or dangerous for some people, and the reader(s) should consult a physician before engaging in them.

The author and publisher of this report are not responsible in any manner whatsoever for any injury which may occur through reading and following the instructions herein.

Introduction

I was talking about training with a friend of mine and he mentioned how he was going to get himself on Testosterone injections. His plan was simple, he was going to take pro-hormones supplements that raise Testosterone but that crash your system once you stop them. He followed his plan and went to a doctor's office with the Testosterone of an 8 year old girl. Just as he had predicted the doctor said that he had "low Testosterone" and started him immediately on a round of Testosterone injections. He grinned as he told me that now his Testosterone was going to be 1,000 for the rest of his life and he was perfectly OK with taking an injection every five days to do so.

As he was egging me on to follow suit I wondered if I could stimulate my body to naturally produce more Testosterone. I wanted to avoid the hassle and cost of injections and the equally annoying routine doctor visits to monitor my Testosterone and get his "permission" with a prescription.

As I started researching the matter I gravitated towards the work of Mike Mahler who has written on the subject of hormone optimization and decided to craft my OWN routine to achieve my OWN results.

What you are about to read is the program I devised for myself that raised my testosterone NATURALLY from 563 total and 59.7 free Testosterone to 697 total and 82 free Testosterone. I raised my total Testosterone by 127 points and my free Testosterone by 22 points, which put me in the optimal range for Testosterone, in approximately two months.

The logic

Principles. From reading Mike's material I saw that there were a couple of guidelines I could apply. Here are some of the most important:

- Optimal Testosterone range is 600-900
- Avoid overtraining like the plague
- If you feel strong and powerful after training then you optimized Testosterone
- High-Intensity Cardio boosts Growth Hormone (GH)

Conclusion: Focus on heavy compound lifts that boost Testosterone and finish with High-Intensity Cardio to boost GH.

Training Frequency. I pondered what else needed to happen and I noticed that if Testosterone injection are given every 5 days, then my training would have to be similar, every 4-5 days. This is to stimulate the body to produce its natural Testosterone and then allow ample time for rest and recovery NATURALLY.

Nutrition. I also had to hone in on my nutrition and my nutrition strategy is explained in detail separately. Again, I borrowed a lot from Mike Mahler's work in crafting this strategy along with some ideas of my own.

Recovery Workouts. To further maximize recovery I did a recovery workout on non-workout days. This recovery workout is simply doing Bob Anderson's Stretching DVD "everyday stretches" routine followed immediately by using a Foam Roller. I learned how to use the foam roller from Mark Verstegen's Core Performance Foam Roll and DVD combo. There you go, two DVDs well worth the minimal investment to maximize your recovery. If you do them regularly you might be able to workout to every 3 days, if you do not them at all then you need the full 5 days to recover before your next workout. If you are ever in doubt about taking a day off, TAKE THE DAY OFF!

Mental Training. In pondering on how to incorporate my mind in the most simple and direct route I simply took a set of Buddhist beads (you can use a Catholic Rosary or whatever else works for you) and started each day by repeating my own made up mantra of "I have 1,000 total Testosterone and 100 free Testosterone" for one full run which is 108 times. In five minutes I already set myself up for success and programmed my mind and body to act in accordance with my stated intention of raising my Testosterone.

Bloodwork. How could I know if my Testosterone actually increased if I did not know my baseline number? Exactly! So the first step is to get your bloodwork done and find out what your number is BEFORE you begin. Yes, yes there are other SUBJECTIVE ways to gage Testosterone like morning erections and sex drive, and I DID rely on these during the program for CONFIRMATION that I was on the right track, HOWEVER, nothing takes the place of getting your blood drawn and having your NUMBER there in black and white. Also, nothing will make you HAPPIER than taking the same test again in 8 weeks and seeing your Testosterone go UP! (BTW a lot more things will be going up in your life as well)

Sleep. Really make an effort to sleep 8 hours a day to the best of your ability. I am in the U.S. Navy and I know this is not always possible, but strive for it to be norm rather than the exception during this program.

Stress. Minimize stress and start a regular practice of meditation or Qigong. Stress stimulates cortisol and cortisol diminishes Testosterone.

The Training Program

Step 1: Determine your One Rep Max (1RM) for Squat, Deadlift and Bench Press. If you have shoulder issues then I recommend doing the Smith Incline Bench Press or Dumbbell Bench Press. If you do not know how to SAFELY and CORRECTLY perform the Squat, Deadlift and Bench Press or if you have not trained for a long time then go to Step 0.

Step 0: Learn the PROPER way to Squat, Deadlift, and Bench Press (or the variations mentioned above) and do two weeks of these lift with a weight that allows you to easily finish 5 sets of 12. This is to build the “exercise groove” for the program. Once you feel confident then move on to Step 1.

Step 2: Build a BASE by working out with 5 sets of 3 with 80% of your 1RM. This phase should last 1-2 weeks depending on where you are at. Once you can do 5 sets of 3 reps with the 80% weight, then you can move on to Step 3.

Workout 1: Squat and Abs

My 1RM when I tested it was 355lbs, so 80% of that was 275 (rounded up from 274). My warm-up consisted of joint rotations and light complexes.

Squats

1. 135lbs x 5 reps
2. 225lbs x 3 reps
3. 275lbs x 3 reps
4. 275lbs x 3 reps
5. 275lbs x 3 reps
6. 275lbs x 3 reps
7. 275lbs x 3 reps

Abs

Perform 3 Giant Sets (finish exercises 1-8 in a row without rest, then rest 1-2 minutes, and repeat 2 more times)

1. Hip Thrust on Incline Bench x 5 reps
2. Sit Up(with Barbell on feet) x 5 reps
3. Toe Touch Crunch x 5 reps
4. Oblique Crunch(with Barbell on feet) x 5 reps left, 5 reps right
5. Hyperextensions x 10 reps
6. Russian Twist w/ 25lb plate x 25 reps
7. Front Rollout with Barbell (135lbs) x 5 reps
8. Side Plank x 30 seconds left, 30 seconds right

Note: If you are new to training feel free to start with 1-2 Giant Sets and build up to 3. You should always end each workout on a high note as opposed to fatigued or pushed over your limit.

Workout 2: Chest and Sprints

My 1RM when I tested it was 335lbs, so 80% of that was 270 (rounded up from 268). My warm-up consisted of joint rotations and light complexes.

Bench Press

1. 135lbs x 5 reps
2. 225lbs x 3 reps
3. 270lbs x 3 reps
4. 270lbs x 3 reps
5. 270lbs x 3 reps
6. 270lbs x 3 reps
7. 270lbs x 3 reps

Sprints

For High-Intensity Cardio I chose uphill sprints. I got the idea from Matt Furey when I was subscribed to his newsletter. You can do these on an incline like a bridge or mountain by sprinting up about 50-100 yards and then walking down. **DO NOT GO ALL OUT** on your first sprint, gradually build up by starting at about 30% of your capacity and slowly increase. **STOP** when you feel your ability to sprint starts to decrease, which is usually about the sixth interval (eight if you are really conditioned). I made it a point to **ONLY** do six intervals and to increase the intensity by increasing my percentage of effort rather than by increasing the number of intervals. Remember the goal is to boost GH, anything over that is counterproductive. Other options for High-Intensity Cardio include jump rope, 50-100 Hindu Squats done as fast as possible or 50 meter swims as fast as possible.

If the weather outside is not conducive and/or if there are no inclines where you live you can do what I did with a treadmill.

Treadmill Sprint Workout (vary the number to meet your conditioning levels)

3 min warmup

Sprint 1	30 secs	7% incline	8.0 speed
Rest	2 min	2% incline	4.0 speed
Sprint 2	30 secs	8% incline	8.5 speed
Rest	2 min	2% incline	4.0 speed
Sprint 3	20 secs	9% incline	9.0 speed
Rest	2.5 min	1.5% incline	3.5 speed

Sprint 4	20 secs	10% incline	9.5 speed
Rest	3 min	1.5% incline	3.5 speed
Sprint 5	10 secs	12% incline	10.0 speed
Rest	3 min	1.5% incline	3.5 speed
Sprint 6	10 secs	13% incline	11.0 speed
Cooldown			
1 min		1.5% incline	3.5 speed
1 min		1.0% incline	3.0 speed
1 min		0.5% incline	2.5 speed
1 min		0.0% incline	2.0 speed
1 min		0.0% incline	1.5 speed

Note: These are MY numbers, if you are new to this then I recommend just doing six sets at 30% until you feel you can increase your work capacity. You need to figure out YOUR numbers.

Workout 3: Deadlift and Sprints

My 1RM when I tested it was 355lbs, so 80% of that was 275 (rounded up from 274). My warm-up consisted of joint rotations and light complexes.

Deadlift

1. 135lbs x 5 reps
2. 225lbs x 3 reps
3. 275lbs x 3 reps
4. 275lbs x 3 reps
5. 275lbs x 3 reps
6. 275lbs x 3 reps
7. 275lbs x 3 reps

Treadmill Sprint Workout (vary the number to meet your conditioning levels)

3 min warmup

Sprint 1	30 secs	7% incline	8.0 speed
Rest	2 min	2% incline	4.0 speed
Sprint 2	30 secs	8% incline	8.5 speed
Rest	2 min	2% incline	4.0 speed
Sprint 3	20 secs	9% incline	9.0 speed
Rest	2.5 min	1.5% incline	3.5 speed
Sprint 4	20 secs	10% incline	9.5 speed
Rest	3 min	1.5% incline	3.5 speed
Sprint 5	10 secs	12% incline	10.0 speed
Rest	3 min	1.5% incline	3.5 speed
Sprint 6	10 secs	13% incline	11.0 speed

Cooldown

1 min	1.5% incline	3.5 speed
1 min	1.0% incline	3.0 speed
1 min	0.5% incline	2.5 speed
1 min	0.0% incline	2.0 speed
1 min	0.0% incline	1.5 speed

Note: If you are tired or so new to sprints that you need to recover from the previous sprint workout, then you can change this sprint session for three sets of Farmer's Walk. Just grab a heavy DB (I use 100lb DBs) in each hand and walk about 100 meters, you should feel your shoulders and upper girdle GROW from this experience. Remember, overtraining is the BANE of this program, you always need to feel like you end your workout with ENERGY and ENTHUSIASM. Learn to monitor yourself and if you need an extra day off, TAKE AN EXTRA DAY OFF!

Step 3: Rest Pause Training

Here is where it gets good, you are only going to do 10 reps, and your goal is for your body to spurt Testosterone. Once you accomplish that you STOP and go home.

Rest-Pause Training: Do ONE perfect rep, rest one minute, repeat this one rep/one minute rest until you get to ten reps. If ten reps is too much for you in the beginning then start with 5 and add one set every week until you are at ten.

Workout 1: Squat

Again, these are MY numbers, you need to figure out your numbers. Goal is to complete 10 reps with something over 85% of your 1RM.

Squats

Warm-up (after joint rotations and light complexes)

1. 135lbs x 5 reps
2. 225lbs x 3 reps
3. 275lbs x 2 reps

Work Sets

1. 315lbs x 1 rep
2. 315lbs x 1 rep
3. 315lbs x 1 rep
4. 315lbs x 1 rep

5. 315lbs x 1 rep
6. 315lbs x 1 rep
7. 315lbs x 1 rep
8. 315lbs x 1 rep
9. 315lbs x 1 rep
10. 315lbs x 1 rep

STOP! You are done for today, go home and have a recovery meal.

Workout 2: DB Bench Press and Abs

I chose DB Bench Presses and used a neutral grip – thumbs pointing to my head/pinkies toward my feet and pressed the DBs close to the body.

Warm-up (after joint rotations and light complexes)

1. 70lbs x 5 reps
2. 85lbs x 3 reps
3. 100lbs x 2 reps

Work Sets

1. 110lbs x 1 rep
2. 110lbs x 1 rep
3. 110lbs x 1 rep
4. 110lbs x 1 rep
5. 110lbs x 1 rep
6. 110lbs x 1 rep
7. 110lbs x 1 rep
8. 110lbs x 1 rep
9. 110lbs x 1 rep
10. 110lbs x 1 rep

Abs

3 Giant Sets (finish exercises 1-8 in a row without rest, then rest 1 minute)

1. Hanging Leg Raises (if too hard then Hanging Knee Ups) x 5 reps
2. Sit Up w/25lb plate(Barbell holding feet) x 5 reps
3. Toe Touch Crunch x 5 reps
4. Oblique Crunch(Barbell holding feet) x 5 reps left, 5 reps right
5. Hyperextensions x 10 reps
6. Hip Thrust on Incline Bench x 5 reps
7. Russian Twist w/ 35lb plate x 20 reps
8. Side Plank (tense HARD while you hold) x 30 seconds left, 30 seconds right

Workout 3: Deadlift and Sprints

Warmup (after joint rotations and light complexes)

1. 135lbs x 5 reps
2. 225lbs x 3 reps
3. 275lbs x 2 reps

Work Sets

1. 315lbs x 1 rep
2. 315lbs x 1 rep
3. 315lbs x 1 rep
4. 315lbs x 1 rep
5. 315lbs x 1 rep
6. 315lbs x 1 rep
7. 315lbs x 1 rep
8. 315lbs x 1 rep
9. 315lbs x 1 rep
10. 315lbs x 1 rep

Sprints

3 min warmup

Sprint 1	30 secs	7% incline	8.0 speed
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Sprint 2	30 secs	8% incline	8.5 speed
Rest	2 min	2% incline	4.0 speed
Sprint 3	20 secs	9% incline	9.0 speed
Rest	2.5 min	1.5% incline	3.5 speed
Sprint 4	20 secs	10% incline	9.5 speed
Rest	3 min	1.5% incline	3.5 speed
Sprint 5	10 secs	12% incline	10.0 speed
Rest	3 min	1.5% incline	3.5 speed
Sprint 6	10 secs	13% incline	11.0 speed

Cooldown

1 min	1.5% incline	3.5 speed
1 min	1.0% incline	3.0 speed
1 min	0.5% incline	2.5 speed
1 min	0.0% incline	2.0 speed
1 min	0.0% incline	1.5 speed

Note: If you find the following schedule a little bit taxing then you can further stimulate recovery and your results by removing the sprints in Workout 3 and doing a sprint only day which would turn into Workout 4. You **MUST** finish on a high note and if due to your age or current condition the sprints after deadlifts impinges on that, then make a separate workout out of them. Another idea is to remove the abdominal work from Workout 2 and combine it with sprints on Workout 4 to maximize recovery. I have done this a couple of times when due to time constraints I had to cut a workout short. Remember, you would still take 3-5 days between workouts depending on how many recovery workouts you are doing between sessions and how you feel. **AVOID** forcing yourself to workout when you are tired or not fully recovered!

Step 4: Recovery Week

After 8-12 weeks on the program you need to take it down a notch and back off so you can recover. You can either take the whole week off, or engage in 2-3 light exercise sessions like swimming, using a rebounder, light kettlebell work, Yoga, light stretching, or use my favorite recovery week workout which I include below. When the week is over, begin again by doing your 1RM workout, adjust the next round of workouts as your numbers will have likely increased, that means your 5 sets of 3 rep workouts with 80% need to be recalculated, and then play with the weight that allows you to complete 10 reps in the Rest-Pause workout, followed by another recovery week after 8-12 weeks in the second cycle.

My Recovery Week Workout

Slo-Mo Squat (10 seconds down/10 seconds up)	2 min/1 min rest for 4 sets
Slo-Mo Pushup (5 seconds down//5 seconds up)	1 min/1 min rest for 3 sets
Slo-Mo Bicycle (12-15 slow reps in one min)	1 min/1min rest for 3 sets
10 Burpees with push up and jump	10x/2 min rest for 3 sets

Nutrition Strategy

Step 1: Eat 3 meals a day with 4-5 hours between meals. It takes your body about four hours to complete all its chemical and hormonal process from eating a meal. If you eat every 2-3 hours, as is recommended for weight loss, you INTERRUPT these hormone cascades. Remember our goal is to have the simplest and most direct route to raising our testosterone and GH.

Step 2: Ensure you have a HEALTHY protein, carbohydrate and fat source at EVERY meal. The key to optimizing your hormones is to ensure the body has all the building blocks it needs to carry out its functions. By eating every four hours you are PREVENTING the interruption of the process that maximizes your hormonal health, by including the three healthy building blocks you are PROVIDING the nutrients your body needs to make the hormonal changes you desire.

Protein. Make sure that you consume at LEAST 50% of your bodyweight in grams of protein and feel free to go a little bit higher on workout days. I weigh 220lbs, so I made SURE that everyday I ate at least 110 grams of protein. I would start each day with a Health Shake and used 40-50 grams of protein powder. Then I would eat a healthy meal for lunch and dinner. If you eat meat, like I do, try to get your red meat intake on workout days, and focus on getting organic choices of meat, fish, and chicken. Also consider using non-flesh protein sources on non-workout days like pea, hemp, and rice protein powders, raw eggs, and nuts to help your body function more smoothly and better absorb meat proteins when you do consume them. Try it. A great place to get protein is www.proteinfactory.com where you can even make your own protein blends. A great blend that a friend of mine who trains hockey teams shared with me is 40% Cross Flow Whey (fast acting protein), 40% Aussie Casein (slow acting protein) and 20% Oat Muscle (Healthy Carbs).

Health Shake. This is my breakfast ALL THE TIME (except when I travel) and if you only do ONE thing, this alone will increase your health and lifespan (you will NEED to do the program if you want to increase your Testosterone though). In a Vita-Mix or blender of your choice use 1-2 cups distilled water, 2-3 vegetables, 40-50 grams of high quality protein, and chase it down with a quality fish oil and/or olive, hemp, flax oil, etc. Blend the veggies you would rather NOT eat, you know, kale, beets, broccoli and spinach, those are your HEALTHY carbs. The protein powder is your healthy protein source, but you can also substitute every now and then for 4 raw fertile eggs. Fertile eggs have a naturally occurring myostatin blocker that helps preserve muscle by inhibiting muscle breakdown. Remember that we need a HEALTHY fat source in every meal, that is why chasing the shake down with a quality fish oil or one of the other options mentioned above is a MUST. I also add a tablespoon of raw unfiltered LOCAL honey to this shake (this helps a lot with allergies by the way).

Carbs. For your lunch and dinner choose things that grow out of the ground or are minimally processed. Fruits, vegetables, raw oats, quinoa, chia, sweet potatoes, brown rice, and of course, salads are good choices. Pastas and anything refined should be avoided. White rice is OK, but not optimal, make sure to cook it with a lot of garlic. I love Caesar Salads and can eat one a day EASILY!

Fats. You have to ensure you get a HEALTHY fat source in every meal. You can eat avocados and/or drench your food in Olive Oil. Eating Wild Caught Salmon is a great way to get your protein and healthy fat with one item. DO NOT allow a meal to lack a healthy fat source, so have a couple of fish oil capsules always ready to go to balance out any meal.

Step 3: Drink ONLY water and aim for ONE gallon of distilled or spring water everyday. Avoid all liquids that are NOT water. That means avoid sodas, sugary fruit juices, and syrupy stuff. You can make an exception for coffee and tea if this is part of your regular routine, but drinking water is a MUST to have your body running like a Ferrari!

Step 4: Consume 15-18 grams of maca a day, divided in three equal doses of 5-6 grams with EVERY meal, which is roughly a teaspoon per meal. I have been to Peru many times since 1997 and every time I go there I buy all different kinds of maca. The best one by FAR is the one produced by Ecoandino. Now I personally get it at the Peruvian Agronomical University called La Molina when I travel down there since my father-in-law studied there (yes, my wife is Peruvian, which explains my frequent trips to Peru). I know people that take one heaping tablespoon of maca with their breakfast, but I tried it and it is not as effective as the three teaspoon method, even though the amount is still the same. My personal experience was that if I took a teaspoon with my breakfast and lunch, by the time I finished my dinner I already had an erection (sign of high Testosterone). If I only took one heaping tablespoon this would not happen.

Step 5: I would be remiss if I did not mention how helpful it is to take a pre-workout supplement on workout days ONLY. I personally took Jack3d and loved it. If you are trying to cut caffeine, then I do not recommend this one for you, but if you want to hit the gym with a mentally-focused and physically-charged body, this is the one I used.

Step 6: Have an indulgence day EVERY week. Yes, one day a week go out and eat pizza and ice cream or whatever you like! This keeps your body guessing and allows you to blow off steam from eating healthy throughout the week. It also allows you to keep the steely discipline to change your life. Eventually you should eat the way prescribed in this program 80% of the time so you can afford to fudge the other 20%. Otherwise you would never eat birthday cake with your kids, never eat stuffing and pumpkin pie on Thanksgiving, and would be

miserable watching everyone eat cookies at Christmas as you talk about the kale in your morning Health Shake while becoming a social outcast.

Step 7: AVOID anything with soy as it is highly estrogenic! There is no place for soy in a man's diet. In Japan women give it to men when they think they are being unfaithful to diminish their Testosterone and sex drive. The only reason soy has been touted as healthy is because soy is one of the largest crops produced in the U.S. and they have gone to great lengths to market it as a "healthy" food so people will BUY it. NO soy protein, powder, tofu or derivatives!

Now you know what EXACTLY what I did to increase my Testosterone by 127 points naturally! Follow this plan to the letter and you will get similar results.

If you enjoyed this program and want to share your results or have questions then join me on Facebook by submitting your friend request to Eric Guttmann.