



ANABOLIC AWAKENING

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INTRODUCTION



"How can I get more testosterone?"

It's the question men have been asking for ages.

From the time of cavemen, to the third millennia, men have glanced over at their chisel-jawed counterparts and thought, *"Need. More. Testosterone."*

But with the daily tug of war between our obligations and our leisure, the question of, *"How can I get more testosterone?"* has evolved into, **"How can I get more testosterone, quickly?"**

Well, I'm glad you asked!

The secret to naturally boost testosterone quickly and easily is found in the first 90 minutes of your day.

From the moment you shut off your "Eye of the Tiger" alarm clock, to the moment you walk in the door to the office, you can boost your testosterone with six easy steps.

And I've coined these 6 steps, *the Anabolic Awakening routine*.

ANABOLIC AWAKENING ROUTINE

MEDITATION

Eyes open. Feet on the floor.

Sound familiar?

That's how most people start their day. Wake up. Stand up. Get to work.

But dude, you're doing it wrong...

Your stress hormone, also known as *cortisol*, is one of the top enemies of your testosterone.

Cortisol creates muscle breakdown, fat buildup, and low-T. The higher your cortisol levels are, the lower your testosterone levels will be, and vice versa.

That's why it's important for you to keep a keen eye on what you're thinking about when you wake up. If you're stressing out about the day ahead, you're shrinking your testosterone levels before you roll out of bed...

On the other hand, if you want to start your day naturally boosting your testosterone, don't get right to the grind. Instead, spend some time in self-reflection, prayer or meditation.

Each morning is a gift. You're not guaranteed tomorrow, so be grateful for today. Think about it, whether your eyes open in the morning or not is out of your control.

Whether you sit for a few moments reflecting on the goodness in your life or spend ten minutes in prayer or meditation, take time to enjoy that your eyes have opened for an adventurous day ahead of you.

ANABOLIC RUNNING

When it comes to an early morning workout, less is more.

Not less effort. **Less time.**

Hear me out. *Long workouts are testosterone vampires...*

When you decide to hit the pavement for that early morning jog you might as well leave your testosterone in your tracks. Long distance running shrinks muscle mass, piles on body fat, and kills testosterone.

But you want to know how to naturally boost testosterone quickly and easily! That's why you're here...

So we've developed the perfect morning workout for you...

YOUR MORNING WORKOUT



I've coined this type of training, ***Anabolic Running***.

Anabolic running is THE muscle building cardio solution for men.

This effective and efficient method of cardio only requires 8 minutes of your morning, two days a week and is guaranteed to naturally boost your testosterone.

Anabolic running consists of bursts of maximum effort sprints, over a short period of time to give you the most bang for your buck.

It is the proven cardio technique that sheds fat, builds muscle and boosts testosterone...

On top of that, you'll increase growth hormone a whopping 530% from the very first sprint. And skyrocket your body's nitric oxide levels using a strange breathing trick to maximize your anabolic hormones.

Want more Anabolic Running workouts? Grab the entire system [here!](#)

POST-WORKOUT CAFFEINE



Yeah, you read that right.

Post-workout Caffeine will naturally boost your testosterone.

I can already hear the chirping in the background, "But why would I drink my coffee after I work out?"

Think about it like this. You want your body to be hydrated as you head into your (short) anabolic run.

Between sprints, rest, and a couple sets of pushups to fill out your workout, you won't have much more room for guzzling water...

So save your coffee for after your workout.

In the right dose (300 mg), caffeine actually boosts testosterone levels for men.

Pro Tip: *If you're a coffee fanatic, don't get too excited. Guzzling caffeine throughout the day will increase your cortisol levels, which, like we mentioned above, results in decreased testosterone.*

Keep your post-workout coffee between 1-2 cups to naturally boost your testosterone between 10%-12%.

COLD SHOWER

(Ohhh... so that's how Wolverine became the ultimate alpha male...)

This gives a whole new life to the phrase, "I'm hopping in the shower."

For centuries, men have had a reputation for taking quick showers (*well, at least compared to their female counterpart*)...

But if you want to get the most out of your shower, keep the handle pointed towards the "C".

Warm showers aren't doing jack-squat for your testosterone levels. Truth is... your testicles don't like being hot.

When they're too warm, they aren't efficient at producing testosterone.

On the flip side, studies show, **taking a cold shower naturally boosts testosterone.**

So don't overheat your balls!

When they cool off, they function at their peak, which is where you want your testosterone to be... at its peak.

More good news, you don't have to wait for the shower to warm up anymore.

THE MAN BREAKFAST

When it comes to your breakfast, forget all the "watch your cholesterol" mumbo jumbo.

Cholesterol actually produces testosterone...

If you want to naturally boost your testosterone, eat those fatty breakfast foods. You know the ones: Whole eggs, bacon, and sausage...

However, when you're in the supermarket, keep in mind the cheapest eggs and bacon are going to cheat you out of testosterone.

Pro Tip: *When choosing your eggs, cage free is the way to be.*

Cage free eggs contain more Omega-3 fatty acids than caged eggs. Omega 3's will benefit your testosterone health.

Also, keep this tip in mind for your bacon: If it's natural, it's better.

Organic pigs will be given organic feed. This reduces the risk of testosterone inhibiting chemicals in your bacon.

Let me make it as simple as possible for you. When it comes to breakfast, eat cholesterol and eat organically.

WALK TO WORK

If you can walk to work, do it.

If you can walk more *at work*, do it.

Naturally boosting testosterone doesn't need to be strenuous. But it does require physical activity.

The more steps you take, the more your testosterone will thank you...

Studies have shown that walking increases testosterone in men...

So instead of parking in your "Employee of the Month" parking space next to the front door, give the space to someone else and park further from the building.

You'll boost testosterone and catch your boss' attention with your generosity.

If your building has an elevator, the little kid in you that loves pushing the "up" button is going to have to grow up and take the stairs. But don't worry, it's worth every step!

Each step you take is a step towards completing your goal of naturally boosting your testosterone. See, boosting your testosterone is a cake walk!

So there you have it, *the Anabolic Awakening routine*.

Hey, we even planned out your morning for you.

This is a true, "plug and play" list.

Just add these easy steps to your morning and pack on the testosterone.

ANABOLIC AWAKENING JUMPSTART

Science has shown time and time again that more sleep equates to higher testosterone levels in the morning.

That's why your *anabolic awakening* routine starts not when you wake up in the morning, but the night before.

In this section, we're going to go over a few simple sleep hacks that'll set you up for more rest, and, more importantly, higher quality sleep.

If you're having a hard time falling asleep early enough to get your recommended 7-9 hours of sleep, these simple techniques will be a game changer... and your morning wood will be the indicator that you're off to a good start.

I. NATURAL SLEEP AIDS

Herbal teas and supplements are said to be a gentle and effective way of bringing on sleep. Herbs with a reputation for promoting sleep include the following:

Chamomile - This is a long-held remedy for sleeplessness that is exacerbated by nervousness and anxiety. Drinking a cup of chamomile tea in the evenings before bed may be all you need - but it can have a slight diuretic effect, so drinking a cup an hour or so before bed might work better. You may also find it beneficial to drink it throughout the day, hot or cold, or mixed with other beverages.

II. WATER SOUNDS

Some people find that soothing water sounds, such as rain, waterfalls, or crashing waves are great for sleeping better at night.

I don't know about you, but I get my best sleep when it's pouring rain outside.

If you're anything like I am, investing in a small tabletop fountain or mini-waterfall could pay huge dividends... in the form of quality sleep.

III. THE BIG 'O'

When men or women orgasm, their bodies release a cocktail of sleep-inducing hormones that make sex the best natural sleep-aid, by far.

The most impactful of those sleep hormones are:

- Oxytocin
- Serotonin
- Vasopressin
- Prolactin
- Norepinephrine

Individually, each of these hormones plays a vital role in our sleep quality. Together, however, it's no less than magical.

With this concoction of sleep-inducing hormones releasing after sex, it's hard to believe anyone would have trouble falling asleep following an orgasm.

IV. WARM BATH

Remember when your mom gave you a warm bath at night before bed and you slept like a baby? It's because one of the key factors when it comes to a good night's sleep is thermoregulation.

As we discussed in a previous chapter, our body temperature decreases as it gets later in the day. This happens in order to prepare our body for sleep when it's bedtime.

The reason I recommend a warm bath to promote sleep is simple: the warm water effectively increases our body temperature and the rapid cool-down period following the bath relaxes us.

If you're going to use this sleep hack to help get some shuteye, I recommend soaking in the tub for 20-30 minutes, 1-2 hours before bed.

Pro Tip: *Add sleep lavender bath salt for improved relaxation and increased sleep quality.*

V. MUSCLE RELAXATION

Massages have been shown to improve sleep, increase serotonin and oxytocin levels, and decrease cortisol. If you ask me, after sex, a good massage is the next best thing.

If you have a partner who's a professional masseuse or just good with their hands, you're golden. If not, don't fret. There are a number of self-massage techniques you can use to get the same benefits.

The one I recommend is known as Muscle Relaxation.

How to Perform Muscle Relaxation: First you tense a specific muscle in your body for 5 seconds. Next, you release the tension and relax for 15 seconds. Do this for 10-15 minutes to reduce stress levels and experience the magical benefits of self-massage.

ANABOLIC AWAKENING

9PM - 10PM

BEDTIME

6AM - 7AM

BE EARLY TO RISE.
UPON RISING, MEDITATE, REFLECT OR PRAY

6:30AM - 7:30AM

PERFORM YOUR ANABOLIC RUNNING WORKOUT ROUTINE

7AM - 8AM

POST - WORKOUT CUP OF JOE

6:30AM - 7:30AM

COLD SHOWER

7AM - 8AM

WALK TO WORK OR WALK AT WORK

Note: Use the times as guidelines. Everyone's schedule is different and I do not expect everyone to be able to perform these tasks at these exact times. That said, the real goal is to perform each of these steps as part of your own morning ritual.