



# ANABOLIC RUNNING 2.0

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# ANABOLIC RUNNING

## The Muscle Building Cardio Solution For Men

Welcome to the Anabolic Running 2.0 program. Inside this manual you'll discover the science behind Anabolic Running and how you can increase muscle mass, boost testosterone levels, and skyrocket your sex-drive following a simple 16-minute protocol.

The beginning of this manual is informative and educational. If you would like to skip to the Anabolic Running 2.0 workouts, you can view them on pages 18 -22.

Inside the Anabolic Running manual, you'll discover the sprint secrets to increase growth hormone levels by 530% from your very first workout. At the same time you'll increase testosterone levels by 110% in only 14 days.

You'll also discover the nasal breathing technique, used for thousands of years by ancient tribal hunters and made famous by one Soviet Union scientist that boosts muscle building lactic acid production and increases muscle vascularity. So you can build a lean, ripped physique and build muscle during your cardio workouts.

This is the perfect add-on program to any current workout program you are following. You can also follow Anabolic Running as a standalone workout. Enjoy the content in this powerful guide. Also, be sure to use the other resources included with Anabolic Running, like the Shock & Awe Strength Program, Testosterone Hacker Handbook, 17 Foods That Boost Libido, and the Indoor Anabolic Running Guide.

Train HARD and with NO REGRETS!

Joe



## CATABOLIC CARDIO

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## CATABOLIC CARDIO

Every year, millions of men participate in organized running events such as 5K's, 10K's, half marathons and marathons. Sure, these events support great causes, improve cardiovascular health and feel rewarding to finish. However, long distance cardio training can sabotage your physique and decrease your testosterone levels. And men have no idea.

Did you know 7.5 Million men in the United States alone sign up for long distance running events? And the number continues to increase every year. In fact, long distance training events are more popular today than ever before.

Now, these stats don't include the recreational joggers who use running for simple fitness purposes. Again, hats off to the men taking the higher path for good health, however there's a better way.

I call long distance cardio training, catabolic running because it “breaks down” your muscle, testosterone levels, and ultimately your health. Here are a few side-effects of long distance running:

### Side Effects of Catabolic Cardio:

**Lowered Testosterone Levels** - Confirmed in the *European Journal of Applied Physiology*. High volume cardio training reduces baseline androgen hormones (testosterone and DHEA) 20%-40%.

**Increases Cortisol Levels** - Endurance exercise leads to elevated cortisol levels. Which leads to low testosterone levels. And according to the *Molecular and Cell Biology of Lipids*, high cortisol levels can also lead to fat storage. Making weight loss more difficult.

**Less Muscle Development** - Endurance athletes or those using endurance training for weight loss or recreational purpose experience less muscle mass development due to a phenomena called, "interference". This goes back to the disruption of hormones like testosterone and growth hormone which are essential for muscle repair and growth. This also correlates with less strength.

**Erectile Dysfunction** - This is mostly the result of low testosterone levels. Without proper supply of testosterone, arousal for men is hard to achieve. And can feel nearly impossible. Also sexual drive and performance is negatively affected.

**Reproductive Trouble** - According to the *Encyclopedia of Sports Medicine & Science*, men participating in endurance training have decreased fertility and lowered sperm health and quantity.

### How Much Is Too Much?

The list of side-effects are longer. However, these are the most common and painful for men. Now, you may be wondering how much cardio is too much. Well, if you're performing any sort of endurance training 3 or more days per week, you may fall victim to any or all of these side-effects at some point. Which is why I encourage you to follow cut back (or altogether) on catabolic cardio as the negative side-effects aren't worth it for most men.



### Forms of Catabolic Cardio:

Catabolic Cardio isn't a "type" of exercise. For example, running isn't catabolic. In fact, running is an incredibly powerful anabolic exercise when performed correctly. However, below I will list some common cardio mistakes that turn a beneficial exercise into a detriment to your manhood:

**LISS (low intensity steady state cardio)** - Have you ever went for a jog around the neighborhood? Or maybe you've jogged or speed-walked on a treadmill for 30 minutes? Well, this is called low intensity steady state cardio, also known as LISS.

During LISS your heart rate finds a steady pace and barely fluctuates. For example, if you are jogging, your heart rate may initially go up from 120 to 160. However, over a short period of time it will slow and hold a steady pace for the remained of your session. Although there are cardiovascular benefits to performing LISS training, there aren't many in regard to building muscle or increasing your male hormones.

One of the biggest downfalls of LISS is the depreciating value over time for fat loss. Here's an example to give you a clear understanding. Say, you want to lose 20 lbs. You begin a LISS routine, jogging 3 miles, 3 times per week. After losing your first two pounds you then hit a plateau on week two. And you realize you have to increase your mileage to lose more weight. In order to lose an extra two pounds, you then begin running 4 miles, 3 times per week. Only to repeat the pattern until you eventually lose your 20 lbs.

Not only is this a long, time consuming approach. Eventually, your testosterone levels will begin to suffer and cortisol will skyrocket. You'll also risk losing muscle tissue. And potentially develop a more "skinny fat" physique that looks little better than when you started the exercise routine in the first place.

## CATABOLIC CARDIO

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Here's where it gets worse. Say after you lose your 20 lbs. for an exciting vacation to the beach, you gain 10, 20, or even 30 more pounds back... you will have to pick up where you left off, running miles upon miles, maybe even increasing how many times you run per week, to get the same results as your last effort. Ultimately, you end up doing more work, for less results. Not a motivating method for weight loss, wouldn't you agree?

**Too Much High Intensity Interval Training (HIIT)** - more of a "good thing," does not make it a GREAT thing. What I find with most people who discover high intensity interval training (HIIT), is they begin to use it too much. Thinking, "well, HIIT is great for testosterone, so I'll use it everyday."

You're right, HIIT is amazing for testosterone. Especially compared to LISS. However, too much interval training can cause "overtraining." Overtraining negatively impacts testosterone and growth hormone (GH) levels. Not to mention it can heighten your risk of injuries and illness.

Now, as you'll see in the Anabolic Running, done-for-you workouts section I recommend performing your Anabolic Running sprints 2-4 times per week. However, there's certain time limitations to prevent overtraining. Which leads me to my next point.

**Doing High Intensity Interval Training (HIIT) Wrong** - if your HIIT sessions are lasting for 20-30 minutes, you're not performing them properly. HIIT cardio requires an all out maximum effort. And the lucrative component to HIIT is that you can do less cardio while getting more results from your workouts.

Chances are, if you're performing your cardio exercise for more than 20-30 minutes, you're not going "all out" to the point of reaping the rewards from this type of training. Really, it's more of a glorified form of LISS if you do it this way.



## CATABOLIC CARDIO

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One more mistake seen far too often with HIIT, is people taking too little of breaks in between intervals. The purpose of interval training is to spike your heart rate, to accelerate fat loss, increase growth hormone release, and alter your metabolism. However, taking small breaks (10-30 seconds) in between each sprint isn't altering your heart rate enough.

You see a lot of this is "Tabata" style workouts. They will go intense for 20 seconds and rest 10. Although your heart rate remains high, it doesn't promote the benefits of true interval training. It's more like a High Intensity Steady State cardio. Which there's little research to support.

**Catabolic Exercises** - As touched on earlier, there aren't any catabolic exercises per-say. Just a catabolic way of doing them. However, some of the very best exercises I recommend to perform your Anabolic Cardio workouts, include the: stationary bike, ergometer (arm pedal), outdoor sprint, sprint in place, recumbent bike.

What makes these exercises the best-of-the-best for Anabolic Running is they allow you to go all-out and produce a maximum effort without fear of equipment malfunction or reaching a personal limitation. Here's an example:

Say you're riding a bike outdoors, sure you can pedal as fast as you can, yet what happens when you pedal too fast, lose control of the bike, reach an easy downhill slope, or you just can't pedal any faster? These are all limitations that allow you to "get a break" or worse, cause an injury.

A stationary bike however comes complete with added resistance. So you can pedal as hard as you can against a challenging barrier. Allowing you to give a max effort, without being limited to how fast your legs can pedal. We will talk more about this in the next section.



## ANABOLIC RUNNING

Now that you have a clear idea of what catabolic cardio is and how it affects your manhood. Let's talk about your breakthrough new approach to cardio. Anabolic Cardio. First, the history.

**History of Anabolic Running** - Anabolic Running has actually been used for thousands of years. Our ancient ancestors and tribal hunters would use anabolic running to wear down and eventually kill prey.

What few know is our ancient ancestors would use interval style training, coupled with a special nasal breathing trick. This nasal breathing trick gave them a performance and competitive advantage over their prey. It was an adaptation, which has grown cold over centuries. And is long forgotten in first world countries. However, native tribes in third world countries are still using this method.



## ANABOLIC RUNNING

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Important evolutionary note about our ancient ancestors. There were two kinds of men in every tribe. Hunters and farmers. The men who hunted had what I like to call, the Anabolic Advantage. These men were more muscular, athletic, and had more testosterone than the farmers of the tribe. Primarily of course because of their physical activity, specifically Anabolic Running.

And studies confirm hunters were the most desired men in their tribes. In fact, the hunter and gatherer men were always the first chosen as sexual partners by the women in their communities.

Why? Because these men had strong, yet silent evolutionary signals. They had the three highest rated attraction traits women crave (even women today crave these same evolutionary traits) which were provision, protection, and procreation. And you can carry these same attraction signals with you wherever you go.

Because Anabolic Running helps you achieve the appearance of a healthy man, who can “hunt” to provide, strong enough to protect, and well enough to procreate. All of which a woman subconsciously desires. So how did this nasal breathing trick go from a thousand year old tribal secret to eventually surfacing today?

Nasal breathing was first studied and made famous by a former USSR scientist, Konstantin Pavlovich Buteyko. And several of his studies showed nasal breathing, an archaic breathing method, was the key to unlocking optimal health, warding off asthma, lowering blood pressure and so much more. However, during the communist era, Buteyko was frowned upon for his methods and received no support from the science community during that era.

It wasn't until researcher, Patrick McKeown, released these methods in his book *The Oxygen Advantage*, that nasal breathing gained popularity. Inside the text he writes about the advantages of breath-holding and nasal breathing during exercise for maximum fitness results.

## ANABOLIC RUNNING

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These same techniques have now been used by Olympic athletes world-wide and gives many of them a large fitness and performance advantage. Below are a couple segments from Dr. McKeown's book:

*"Our ancestors used their noses to breathe during physical exercise, as do present day indigenous tribes, including the Tarahumara, the famed running tribe of Northern Mexico. When researchers studied the nasal-breathing Tarahumera tribe over the course of a 26-mile run, they were astounded to find that their average heart rate was a surprisingly low 130 beats per minute.*

*Compare this with the normal average heart rate of a Western marathon runner, which lies between 160 and 180 beats per minute, and you can see how nasal breathing allows for a calm and sustained breathing pattern even when engaging in intense physical exercise. Breathing through the mouth is a relatively modern phenomenon and does nothing to improve performance – in fact, it impedes it."*

McKeown also mentions Wade Davis, a Harvard-educated anthropologist who spent time hunting with several indigenous tribes. Where he discovered the "hunter-pace" was a strategic combination of light jogging and a fast sprint. Sounds familiar to interval training doesn't it? And it's combined with this specific nasal breathing technique. Check out the excerpt below:

*"Just like our ancestors, present-day indigenous tribes are able to run at a high intensity with their mouths closed over a relatively long duration of time, a feat that civilized men seem to have forgotten."*

**So what is this nasal breathing technique and how does it benefit you?**



## ANABOLIC RUNNING

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### Nasal Breathing Technique

To perform the nasal breathing technique, you will simply do just that. Breathe in and out of your nose during exercise. Ideally, even during your rest in between sprints. For example; during your Anabolic Running sprint, you will breathe in and out of your nose. If you are a beginner, you may not be able to do this the entire sprint. It is difficult, yet it comes with many benefits as you'll see listed below.

According to Patrick McKeown, nasal breathing increases Nitric Oxide production. Nitric Oxide (NO) both increases blood flow and helps boost physical endurance. Not to mention, Nitric Oxide is often used to help lower blood pressure. All of these benefits are amazing for boosting sexual performance and even treating erectile dysfunction.

In fact, popular erectile dysfunction (ED) drugs on the market, such as *Viagra*, *Cialis* and *Levitra* use nitric oxide as their main ingredient to increase blood flow to the penis and substantially improve erections.

### **Nasal Breathing Technique (continued)**

Greater NO production provides more benefits as well. Including improved muscle pumps during a workout for greater nutrient delivery to the exercising muscle. This can allow you get more oxygen delivery (or supplementation from creatine or beta alanine) that allows you to perform additional sets and reps, which promotes greater muscle growth and repair. In fact, Anabolic Running can work as a perfect, short workout before any strength training regimen. Which, I will give you an optimal training schedule later in this manual.

### **Interval Training**

Anabolic Running combines nasal breathing and interval training. However, this isn't your girlfriend's interval training.

A recent study published in the *Journal Of Sports Science*, examined the difference between interval training sprints of 6 seconds versus interval training sprints 30 seconds in duration.

The result? A 530% increase in growth hormone (GH) from the 30-second sprint interval group. Which was more than 5x higher than the 6-second sprint group. Why is this important?

For one, short sprint intervals are popular. And are less challenging, although they still are great for fat burning. Yet if you're a man who wants to build muscle and boost his male hormones 6-second, even 10 second sprints are not enough.

With that said, if you consider yourself a fitness "beginner", I would recommend starting with a 6-second interval, just to try it out. Then work your way up to the full 30 second anabolic sprints in this manual.



## ANABOLIC RUNNING

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### **Interval Training (continued)**

The secret to building muscle during sprint training is not simply the sprints, yet how long you expose your body to lactic acid. Which is the major muscle building chemical in the body. And I'm sure you've felt it before. It's that same chemical that gives you a mega-burn in your arms after performing a 20 rep set of bicep curls.

To produce enough lactic acid for muscle growth during your cardio sessions, you must expose yourself to this chemical for longer periods of time. Take this study from the *Centre For Sports Medicine & Human Performance* at Brunel University.

Which took a group of men and women and separated them into two categories. One group would practice anabolic cardio using an ergometer. The other, traditional, shorter duration high intensity interval training. The results showed the group which sprinted longer on the ergometer, and was exposed to greater dosages of lactic acid, built more muscle than the group performing shorter duration sprints that had minimal lactic acid production.e

## ANABOLIC RUNNING

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You see, if you want to make the most out of your cardio regimen. Then performing steady state cardio or even traditional interval training is not optimal for your success. I mean, what guy wants to leave muscle building and sex-boosting results on the table, right? Which leads to our next section, the benefits of Anabolic Running:

**Increased Muscle Size** - This especially takes place in the legs, glutes, and calves. However, when you use Anabolic Running before an upper body workout, you can take advantage of the growth hormone and nitric oxide release for massive muscle pumps and a serious hormonal advantage so you can build more muscle in less time.

**Fat Loss** - Interval training is proven to burn fat more efficiently than any other form of cardio. However, Anabolic Running, compared to traditional interval training, allows you to burn more calories in a single session, while increasing your fat burning hormones like testosterone and growth hormone.

**Male Hormone Boost** - Anabolic Running has been shown to increase testosterone and growth hormone levels a whopping 530%. Not to mention, the more unnecessary fat you lose, the higher your testosterone levels will raise also. Basically, it's a double whammy for boosting your male hormones.

**Increased Sex Drive** - This comes back to testosterone. Other cardio workouts are killing your t-levels. However, Anabolic Running allows you to increase your master male hormone so you can enjoy the benefits of more-t, such as; higher sex-drive, libido, better sexual performance, and more stamina.

**Better Blood Flow** - Using the nasal breathing technique during your sprints allows you to better utilize oxygen and enhance blood flow throughout your entire body. This is great for improving your erection quality during sex. And for vanity purposes, gives you some neat looking arm vascularity.



## ANABOLIC RUNNING

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There's plenty more benefits to Anabolic Running. However, these are some of the noticeable changes you'll experience from using this method. In the next section you will see how to use Anabolic Running effectively - and even tie-it-in with workouts you may be performing already. First, here are some real life praises about the Anabolic Running program:

*"Hi Joe, I started the anabolic running and it is amazing. Gave me a six pack in 2 weeks because I strict with it. Plus I noticed my testosterone get higher. By the way your training is amazing for the bedroom. I was lasting as long as I wanted. My wife and I went for 3 hours lol."*

*"Hey Joe, here's a pic from last night's gig. Someone took this and it surprised me, not having looked at a pic of myself in some time. First thing, I am now wearing XL shirts instead of XXL shirts. Shoulders are looking more broad. I'm seeing some muscle definition in my forearms, and also some veins, where there wasn't any before..."*

*"Well, thank God I never got on TRT. Within a couple of workouts, I really started to feel better. Just from sprinting, a lot of my aches went away. I notice it mainly in my knees and my back. I FEEL younger. Like at least 10 years younger. I haven't changed my diet - yet. I also noticed that my muscles felt more "engaged," and most noticeably in my triceps and shoulders I'm starting to develop a little definition there, and I used to struggle with one pull-up, now I'm doing 3 to 4."*

*"Finished up another anabolic running workout on the AirDyne...Feel great now, but not so much during the workout...lol...The nasal breathing is becoming a bit more bearable and I was able to breath through the nose for the entire 8 rounds, which is a lot of improvement for me...."*



## HOW TO USE ANABOLIC RUNNING

Now that you understand the science and benefits behind Anabolic Running, it's time you put it to use. You can use Anabolic Running as a standalone workout, or couple it with a current routine you're following. I'll show you how to do both.

The next following pages will give you a progression for your Anabolic Running workouts. Feel free to start where you feel most comfortable and progress deeper into more challenging Anabolic Running workouts as you become familiar with nasal breathing and longer duration sprint training.

You'll also notice some Anabolic Running intensifier's. These will help you add additional resistance to your training so you can better progress at your own pace. They also had fun, yet challenging variations to your training to keep you motivated and seeing results after every session.



ANABOLIC RUNNING

Anabolic Running Beginner Workouts:

Note: If you have not been active for 6 months or longer, or are 30+ lbs over weight, this is a good place to start.

**How Many Workouts Per Week:** 4 Total

**How Many Sprints Per Workout:** 4 Total

**How Long To Sprint For:** 20 Seconds

**How Much Rest Between Sprints:** 2-3 Minutes

**Sample Workout** (this workout represents one workout for the week)

5 minute warm up (look at the warm-up video library)

SPRINT	REST
20 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
20 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
20 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
20 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)

5 minute cool down (walking)

**Tips for performing these workouts:**

Stay hydrated. Even slight dehydration during a workout has been shown to lower testosterone levels. To keep your body performing like a well-oiled machine and to keep your male hormones high, have water on hand.

You can perform any of these Anabolic Running workouts outdoors via sprinting, or indoors. Simply use the same format above on an indoor stationary bike, ergometer, or even sprinting in place in your own living room. You can also take a look at the indoor anabolic running guide for other ideas.

Every sprint must be an all-out best effort to get the maximum effect.

## ANABOLIC RUNNING

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### **Anabolic Running Intermediate Workouts:**

Note: If you have been moderately active. Workout at least 2-3 times per week already, this is a good place to start.

**How Many Workouts Per Week:** 4 Total

**How Many Sprints Per Workout:** 4 Total

**How Long To Sprint For:** 30 Seconds

**How Much Rest Between Sprints:** 2-3 Minutes

**Sample Workout** (this workout represents one workout for the week)

5 minute warm up (look at the warm-up video library)

SPRINT	REST
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)

5 minute cool down (walking)

### **Tips for performing these workouts:**

Stay hydrated. Even slight dehydration during a workout has been shown to lower testosterone levels. To keep your body performing like a well-oiled machine and to keep your male hormones high, have water on hand.

You can perform any of these Anabolic Running workouts outdoors via sprinting, or indoors. Simply use the same format above on an indoor stationary bike, ergometer, or even sprinting in place in your own living room. You can also take a look at the indoor anabolic running guide for other ideas.

Every sprint must be an all-out best effort to get the maximum effect.



## ANABOLIC RUNNING

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### **Anabolic Running Expert Workouts:**

Note: If you have been moderately active. Workout at least 2-3 times per week already, this is a good place to start.

**How Many Workouts Per Week:** 2 Total

**How Many Sprints Per Workout:** 8 Total

**How Long To Sprint For:** 30 Seconds

**How Much Rest Between Sprints:** 2-3 Minutes

**Sample Workout** (this workout represents one workout for the week)

5 minute warm up (look at the warm-up video library)

SPRINT	REST
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)
30 seconds (nasal breathing)	2-3 minutes (mouth breathe if needed)

5 minute cool down (walking)

### **Tips for performing these workouts:**

Stay hydrated. Even slight dehydration during a workout has been shown to lower testosterone levels. To keep your body performing like a well-oiled machine and to keep your male hormones high, have water on hand.

You can perform any of these Anabolic Running workouts outdoors via sprinting, or indoors. Simply use the same format above on an indoor stationary bike, ergometer, or even sprinting in place in your own living room.



## ANABOLIC RUNNING ADDITIONS

If you'd like to challenge yourself further performing your anabolic sprints, there's several intensity techniques you can apply for an incredible workout:

**Anabolic Running Intensifier #1: Uphill Sprints** - Instead of running on a flat surface, find a local hill with a steep incline and sprint using one of the Anabolic Running workouts on the previous page. Be sure to find a hill that allows you to run for 20-30 seconds at a consistent incline.

**Anabolic Running Intensifier #2: Weighted Vest** - Whether a weighted vest or secure backpack, you can add anywhere from five pounds to an extra twenty pounds to your body for some serious fat burning and muscle building results.

**Anabolic Running Intensifier #3: Parachute/Weighted Sled** -

Professional athletes using sprinting parachutes all the time. Follow the same format of the Anabolic Running sprints, yet with a parachute trailing behind you to catch the wind and create resistance. If you prefer to push, you can also use a weighted sled to push in front of you.



## ANABOLIC RUNNING

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**Anabolic Running for Endurance Athletes** - Full disclosure, I don't encourage long distance training. However, I understand some men love the thrill of accomplishing long-distance events or have set a personal goal to complete an event to cross off the bucket list. Which is fine. Yet don't allow your training to sabotage your #1 performance hormone, testosterone.

If you are an endurance athlete, here is an anabolic training regiment I recommend following:

Sample Week:

Day 1: Mid-distance run (with nasal breathing)

Day 2: Expert Anabolic Running Sprint Workout

Day 3: OFF

Day 4: OFF

Day 5: Beginner Anabolic Running Sprint Workout

Day 6: Long-distance run (with nasal breathing)

Day 7: OFF



## ANABOLIC RUNNING

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**Anabolic Running for Strength Training** - Most guys are going to stack Anabolic Running with their strength training regimen. Something I do and love. If that's you, be sure to **START** your workout with Anabolic Running. Because Anabolic Running has been shown to increase testosterone and growth hormone levels before a workout so you can take advantage of these hormones pumping through your veins.

Here's a Sample Of How To Use Anabolic Running Before a Workout:

Warm-up: 5 minutes

Perform Beginner Anabolic Running Sprint Workout (4 total intervals)

Cool down: 5 minutes

Begin Strength Training Routine

To prevent overtraining, I recommend adding no more than two Anabolic Running workouts per week with your strength training regimen.





## 24 HOUR ANABOLIC BOOST

This section is a bonus to help you maximize your anabolic hormones throughout the day. So you can continue building muscle, burning fat, and boosting your testosterone and growth hormone (GH) even after your Anabolic Running workouts. Here's the 24 hour routine I follow most days of the week to maintain (and increase) high and healthy t-levels.

### **Vitamin D + Outdoor Walk**

This isn't for cardio benefits. It's simply a double whammy for boosting testosterone levels naturally. For one, just 15-20 minutes in the sun can boost testosterone a massive 120%. And this testosterone boost doesn't appear out of thin air. The secret is in vitamin D. Which comes from sunshine. Conveniently, vitamin D is a steroid hormone crucial for testosterone production, cell development, and healthy sperm.

Also, it's great to stay active outside of anabolic running. Take a look at this study published in the Journal of Clinical Biochemistry and Nutrition:

## ANABOLIC HACKS

Take a look at this study published in the *Journal of Clinical Biochemistry and Nutrition* - 41 obese and overweight men participated in a 12-week lifestyle program. The researchers tested which change would have a greater effect on testosterone levels; physical activity or a caloric deficit. After 12 weeks, experimenters found men who were more active increased testosterone levels higher than the men who simply went on a caloric deficit.

And get this...One study published in the *European Journal of Applied Physiology* shows physically active men have significantly higher testosterone levels and sperm quality compared to sedentary men. Case and point. Be physically more active. Start the day in the sun and taking a test-boosting stroll around the block a few times.

### Strike a Power Pose

Strike a power pose and hold it... hold it... and hold it some more you handsome devil. Doing so will jolt your testosterone levels 20% in the next two minutes. Here's the deal, body language effects testosterone levels. One study published by Harvard University and Columbia University shows participants who demonstrated high power-poses had heightened testosterone levels compared to the low-power posers. Here's what the poses look like:





The subjects held the pose for two minutes long. Salivary testosterone levels were tested after the two minutes and here's what the researchers found. High power posers increased testosterone levels 20%. At the same time, cortisol (your stress hormone shown to lower t-levels), dropped 25%. Talk about a win-win.

The low-power posing group experienced a drop in testosterone levels by 10%... While cortisol increased by 15%. (not good) The results show body language can signal your brain and hormones to follow suit.

So if you want to be a high-powered man with 20% more testosterone compared to the next guy, it's time to start power-posing. Pro Tip: By the way, did you know men with higher testosterone levels make more money and are more successful? This according to another Harvard publication...Moral of the story... start posing away my friend. Especially in the office. Speaking of success, let's talk about "winning".

### **WIN Today**

According to a publication in hormonal behavior, men who "win" in competition experience a massive jump in testosterone levels. And it can really be anything. If you get your paycheck for the week, or score that big bonus... hello testosterone. Win at a game of pool with the fellas after work... hello testosterone. Check off every box on your "to-do" list for the day... you guessed it. Hello testosterone.

Now, you can't fake it and expect results... To enjoy a leap in testosterone levels, you need the genuine feeling of accomplishment and success. (basically, taking a "number 2" and calling it a win won't do squat for your t-levels).

### Anabolic Eating

Imagine skyrocketing your growth hormone levels 2000% in the next 24 hours. Without the help of a pill or injection. That's what happens when you eat for anabolism. [Here's a done-for-you course on Anabolic Eating](#). And get this, when growth hormone levels increase, so do your testosterone levels. So you can enjoy a mammoth boost in your male hormones from day one. Keep it up for a couple of weeks and you'll supercharge your testosterone levels 180%.

Listen. Following a plant-based diet will run your testosterone levels over like a bulldozer. Cutting carbs and fat, will do the same thing. And eating too much protein will sink your male hormones too. Yet you need to know what most dieters swear by is NOT optimal for men who want more "t". [Do this instead](#).

### Coffee Pre-Workout

Well, it doesn't have to be coffee. A caffeine supplement will do. A study published in the U.S. National Library of Medicine shows 4 mg/kg of bodyweight consumed one-hour before a workout, increase testosterone levels by 12%.

So if you want to add a little testosterone-turbocharge to your day, consume some form of caffeine an hour before your anabolic running workout. Pro Tip: It's good to be methodic and conservative with your coffee drinking. Excessive coffee drinking has been shown to heighten cortisol levels. Which as you know by now, is not the best for testosterone. Keep your coffee intake between 2-4 cups per day (8 oz. cups... not the size of a Big Gulp)

### Stay Hydrated

One of the most overlooked, yet important parts for maintaining high and healthy testosterone levels; staying hydrated. This is especially important during exercise. Because even mild dehydration will suppress testosterone levels and growth hormone when exercising. And at the same time, boost cortisol.





One study published in the Journal of Sports Science showed even a 1-2% dehydration greatly increases cortisol levels and lowers growth hormone production. So don't skip out on the water, man. It'll dry up your hormone production pretty quickly.

### **Cardio Before Weights**

This one will shock you. A study published by *Rosa et al.* found guys who did cardio before lifting weights had 7X higher post-workout testosterone levels than guys who did cardio after weight lifting.

So if you want to really maximize your testosterone levels within the next 24 hours:

- Drink caffeine one hour before your workout.
- Perform a quick Anabolic Running workout.
- Do 30 minutes of strength training.

And enjoy 7X more post workout testosterone. I'd say that's a solid testosterone routine right there.

### **Take a Multi-Vitamin**

Here's a quick and easy way to raise your testosterone levels for the day... take a multi. It will help clean up any micronutrient deficiencies you have that may be lowering your testosterone levels. Of course, taking a multi-vitamin should also be coupled with a solid nutrition routine. Vitamins, like vitamin A, B, C, D, E, Magnesium, Calcium, Selenium, Boron, and Zinc are all miracle workers for your testosterone. Lacking any of these key nutrients can break your manhood. However, getting your full dose of these key nutrients daily will have you feeling like superman.

### **Flush Out Estrogen With Broccoli**

Broccoli, along with cabbage, spinach, and cauliflower all made the cut for being testosterone boosting foods. But not for what you may think. Their superpower is their estrogen lowering benefits. These vegetables help you excrete excess testosterone-lowering estrogen through a compound called indole-3-carbinol .

Regular consumption of this compound can increase testosterone 50%. There you have it. A few quick and easy ways to begin boosting testosterone levels within the next 24 hours. Follow these t-boosting tips consistently and you'll experience a massive surge in testosterone; boosting your sex drive, skyrocketing your energy, increasing muscle mass, and losing fat. You'll feel like a whole new, better you. Enjoy.

### **Secret Libido Boosting Cocktail**

If you need extra "friskiness" in the bedroom, start your morning off with the ingredient maca. It's hailed as a natural *Viagra*. And is easy to add into a smoothie or shake. So if you have special evening plans tonight, add this aphrodisiac ingredient to your daily meal plan. It's shown to increase sex drive and improve sexual performance.



### **Ancient Anabolic Oil**

Science and history collide with this testosterone boosting oil. It was founded in a Moroccan city thousands of years ago. Phoenicians used this oil as early as 1550 B.C. to heal the body. It was soon imported to Europe and became an expensive, rare, and exotic oil for royalty. The ancient anabolic oil? Argan oil.

A study posted in the *US National Library of Medicine National Institutes of Health* examined 30 men between 23 and 40 years old who added argan oil to their diets for 3 consecutive weeks. The results showed a 20% testosterone increase.

If you don't want to go searching for argan oil, you can always add olive oil to your diet. Keep in mind, it must be extra virgin olive oil to be effective. None of the cheap \$5 stuff at your local grocery store. Extra Virgin Olive Oil was used in the same experiment above and proved a 17% increase in testosterone levels in males over the course of the 3 weeks.

### **3-Minute Mind Control Trick**

The higher your cortisol levels, the lower your testosterone. Think of cortisol as the Lex Luther to your test-levels. It's your arch enemy. But you can defeat this stress hormone with a 3-minute mind-control trick. Simply spend the first and last few minutes of your day writing in a gratitude journal, praying, or reflecting on positive thoughts.

This helps lower cortisol levels which often rise due to high stress. Which is likely to happen at some point of the day. Use this time to lower your cortisol levels and increase testosterone as much as you need throughout the day.

### **Avoid Porn**

Men today are walking around with 22% less testosterone than men did 30 years ago. This is unfortunate for guys, especially with all the modern research on training, nutrition and health. We should have more testosterone than any generation before us. The culprit to this massive drop in testosterone is porn. Something our parents didn't have easy access to at their age like men today. Testosterone levels have been proven to decrease in men who watch pornography regularly. It is also linked to depression, low motivation, erectile dysfunction, and negative self-perceptions in terms of physical appearance and sexual functioning.

To be honest, kicking porn out of your life is going to take a larger motivation than trying to save your testosterone levels. I get that. So to pose testosterone as a valid reasoning for you to put off porn is farfetched. I will challenge you, go 30-days without pornography and see how it changes your life. Not just your T-levels. You don't have to take me up on this. But from man to man, I know you'll benefit.

### **Time To Train!**

You can read all you want about increasing your testosterone, building your muscle, and developing the perfect, masculine physique, but unless you put this manual to action, you're never going to reach the body you desire. Don't wait a moment longer. Day 1 starts today. Become an Anabolic Runner. Transform your physique. Enhance your sex drive. Build more muscle. Enhance your life. It can all be done here. The choice is yours. Committed To Your Success! - Joe LoGalbo

This product may contain information on medical and health-related topics. This information is not meant to be a substitute for the advice provided by your own physician or other medical professional. You should not use this information for diagnosing a health problem or disease but should always consult your own physician.