

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



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Finally, use your head. Nothing in this Guide is intended to replace common sense, legal, **medical** or other professional advice, and is meant to inform and entertain the reader.

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



Quick Start Guide:

This is book one of a seven part series designed to teach YOU how to maximize your **Male-Force** using entirely natural methods.

And by maximized **Male-Force** I mean radically elevated hormone production, supreme erectile fitness, increased self confidence, boundless energy, and a physical transformation of that body of yours...with *No* drugs and *No* negative side effects.

And you're going to begin building this new foundation by making a weekly commitment to exercise for a mere 36 minutes a week.

36 minutes of a very specific type of exercise, **scientifically proven** to boost testosterone and human growth hormone in your body.

I have a feeling you're thinking to yourself now...*I can do 12 minutes 3 times a week!*



And I say to you...I Know you can do it!

And trust me...once you get going with this you will discover the magic behind this simple, yet very powerful commitment you're about to make.

Powerful, because you'll not only shed fat and build muscle, but you will also begin a hormonal transformation that will take you places you never thought you'd ever see again in this lifetime.

But I promise you...you most definitely will!

So here's the essential "*Take Home*" message you need to remember from this first book...

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



From here on out, you will never exercise to burn calories again....you will **ONLY** exercise for the hormonal payout that proper exercise will deliver into your life.

The above sentence sums up the entire thesis of this first book...so read it again, memorize it, sear it directly into your brain!

What we're going to do is create this initial hormonal payout, then we're going to **fan those flames**...build on them as we move through this course in the coming days and weeks.

So remember...it's extremely important that you **DO** lay this initial foundation first.

Next...

Here's how to get the most out of this material as you proceed from here.

First, get into the habit of executing everything you learn in this course, immediately.

Develop a strong sense of urgency, a *"Do It Now"* mentality!

Step one would be to finish this entire ebook you're reading, now.



Don't put it off, because you can finish it up in about 15 minutes.

So just do it, even if that little man inside your brain is telling you to put it off.

When you're finished, watch the video clips so you can see exactly how these routines should be done.

Then **quickly** decide which particular exercise you will perform during your very first session.

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



Then, schedule this first round of exercise and make it happen within the next 24 hours.

This is important, so don't let yourself down by failing to keep this appointment with yourself.

Next...put the audio recording into your mobile device and listen in as I talk you through your first routine.

This will inspire you to stick with this commitment you've made, and will ensure that your first session will be performed exactly as it should be.

Finally, put it all together and throw it down hard for those 12 minutes, then watch as your hormone levels, your mood, and feelings of confidence begin to rise.

See how good that feels?

Good, now focus on those positive feeling, and use them to motivate yourself to perform these routines for 12 minutes, 3 times every week.

Make a strong commitment to develop this habit, and I can assure you it **will** change your life.

I'm going to close this introduction out with one final thought...

I want you to be successful in this new endeavor of yours, so I need to warn you about the biggest enemy facing you right at this moment...

An enemy that goes by the name of **Procrastination**, who's one and only goal is to suck your soul dry and destroy every single goal you have in your life.

If you're anything like I was when I was hormonally "*Down For The Count*" procrastination is winning the ongoing battle in your mental mind space.

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



I also know that in the beginning, it's going to take some serious grit and determination on your part to overcome this fiery beast.

But I'm going to tell you something right now that you can take straight to the bank...

The most difficult part of this entire process will be getting that very first workout under your belt.

And I promise you, once this workout is complete, momentum **WILL** be on your side and things **WILL** get much easier for you.

And never forget as you continue on this journey of yours that I will **always** be here in the shadows watching your back.

So let's do this my friend, let's make it happen....starting now!



BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



Questions and Answers:

What about weight training?

The weights can come later. Right now our primary goal is the hormonal transformation we discussed above.

If you're currently lifting and suffering from low testosterone, I'd recommend dropping all other exercises until your hormonal reset takes place.

Why?

Because you may be overtraining, a extremely common problem with men suffering from Low T.

To bring cortisol levels down stick to the 36 minute a week rule for a minimum of 30 days.



In between workout days, relax, de-stress, and get plenty of rest.

After you've laid your foundation you can replace one or two of the sprinting routines with weight training sessions.

Which exercise should I start off with first?

If you're out of shape, obese or sedentary start off with one of the body weight supported routines.

These would include sessions done on a bike, elliptical trainer, rowing machine, or workouts done in the pool.

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



You're much less likely to injure yourself using one of these exercise protocols.

If you're in decent shape, and your primary goal is to burn up body fat, run sprints, hills, or stairs.

Nothing burns up the fat like these routines do.

If you're an experienced, trained athlete I recommend that you select 2 or 3 different routines to take advantage of muscle confusion.

For example, a typical week could be sprints in the pool on Sunday, a jump rope routine on Tuesday, and running hills on Friday.

Changing up your exercises, mixing up the locations where they are performed, as well as who you perform them with will add variety to your routines and keeps boredom at bay.

36 minutes is not very much time. Can I add other exercises into my schedule?

No.

I'm really out of shape, and get winded just climbing a flight of stairs. How can I make this work for me?

First, get clearance from a medical profession before you proceed.

Then, find a moderately sloped hill in your area and walk up the hill as quickly as you can manage.

Then walk slowly down the slope as you recover your wind, then rinse and repeat.

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



Once you've built up your stamina, move onto one of the body weight supported routines described above.

How can I tell if I'm hitting that hormonal sweet spot?



Shortly after your routine is finished, you should be energized, optimistic, motivated, happy and productive.

You'll also notice that you've become more verbal and outgoing..clear signals that those hormones are already at work.

Sex drive will climb, and you'll notice yourself looking at every woman that enters into your space.

Conversely, if you've hit it too hard, you'll be fatigued, irritable, moody, and unmotivated.

Sex drive will be low to non existent, and you won't have much interest in talking to anyone.

If this happens, back down on the number of intervals performed until you build up some stamina.

The key point is, you should **ALWAYS** feel good shortly after your routines, and never tired, irritable or overly fatigued.

Tweak and adjust until you find that sweet spot for yourself.

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



Should I do these routines in the morning or at night.

In the morning definitely because the HGH payout is much higher in the am, plus you're less likely to put it off if you do it as soon as you wake up.

If you have a heavy morning schedule, invest in a jump rope, exercise bike, rowing machine, etc...and perform the routine in the comfort of your own home.

In this situation, you eliminate travel time and can get it all done in about 10 minutes.

Should I eat something before or right after these routines.

No, do these exercises in a fasted state to maximize the amount of growth hormone released into your body.

Eating right before or directly after will blunt this HGH release, so always exercise in a fasted state, then delay your first meal for 1- 2 hours.

We'll talk much more about diet later in the series

I have a twinge in my leg and feel like I may have pulled a muscle, what should I do.

Move your routines into the pool and keep them there until you've fully recovered.

Can I exercise 2 days in a row?

No, always give yourself at least one day of rest between sessions. A typical schedule would look like this...

Monday - Wednesday - Friday

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



or...

Tuesday - Thursday - Saturday

Will these exercises give me the body of a chiseled fitness model?

For many they will, but others not.

If you've been overweight for years, or have metabolic issues you may never look like a fitness model. But you will lose substantial amounts of fat and gain substantial amounts of muscle.

The key point to remember is, 8 percent body fat and magazine cover abs are not the goals here.

The goal is a shift away from feminine fat distribution, and a strong movement toward masculine muscle accumulation.

And this shift, with or without the abs, is what will open up those hormonal floodgates.

So don't worry about perfection, focus on improvement.

Do this, and the protocols coming later in the series will take care of the rest.



BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



Audio Recording Text:

I suggest that you read through this text, then listen to the audio recording in its entirety at least once....twice would even be better.

Hi there,

Mark Wilson from <http://www.boost-your-low-testosterone.com>.

This is going to be the first of a seven part series on natural hormone replacement. That would be drug-free, prescription-free, artificial hormone-free, methods that you're going to be able to use to boost your male hormones, your sexual vitality, your erections, sex drive, motivation, optimism, and overall happiness quotient; your enthusiasm for life, so let's get started here.

My goal with this audio series is to limit fluff as much as possible and make this as a do-able action, step-by-step type program where I'm going to outline things that you can execute. I'm not going to spend a lot of time on fluff, storytelling, or filler content. This is going to be action steps that you can take and execute, going from point A to point B, which I think is important, because it's really about action. It's going to be the action that gets you where you want to go; not the reading, not the philosophy, so it's really important that as I outline the steps, that you perform every single one of them and don't bypass any of them, especially this first one.

The first one that we're going to get into here is the exercise component, which is really the foundation of everything. Once you have that foundation laid down, everything else that you do afterward is going to follow, it's going to work perfectly, but if you pass on this one exercise step, and don't get this aspect down, the things that we do in the coming weeks are not going to work as well for you, so it's really important that you do execute this step.

So we're going to get into that now and start talking about the differences between the two forms of exercise; what you may be doing now and what you really should be doing to get the hormonal benefits that proper exercise will deliver into your life.

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



First, I want to talk about what you shouldn't be doing if you want to remain a hormonally-fueled man and that would be aerobic exercise, classically defined as long distance, slow, boring cardio.

A good example of this would be putting on the running shoes and loping around your neighborhood at a moderate pace for 45 minutes, an hour, or more. That's your classic cardio. Other examples would include the same type of low intensity, long duration work on a cycle. A lot of women go into gyms, and put on their tights, and jump up and down at a moderate pace; they work up a sweat, but they don't really hit that high training zone, that intense training zone that is required for your body to release human growth hormones and other anabolic hormones into your system.



What the slow cardio does is actually catabolic; it releases stress hormones into your body, particularly cortisol. There's an inverse relationship between testosterone and cortisol in your body. So the more cortisol you have floating through your system, the lower your testosterone levels will be. We actually have some studies here that prove that cortisol levels

do climb in endurance athletes, so let's discuss a couple of those right now so we can demonstrate this for you.

In this first study, the researchers took a group of trained endurance athletes, cyclists, triathletes, and long distance runners, and tested their hair for hormones, specifically cortisol. What they found is that these long distance, endurance athletes had extremely high levels of cortisol in their bodies. They also had a control in this trial; these were people who were sedentary; they weren't trained athletes. They weren't doing the distance and the cardio. They tested their hair for cortisol levels as well, and they found out that these people had substantially lower levels of the stress hormone cortisol floating through their systems compared to these trained athletes.

The most striking thing was the more mileage, the more distance that these trained

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



athletes put in, the higher their cortisol levels would be. So for example, a 50-miler a week had less cortisol than a 100-miler. A 150-miler had substantially higher levels than the 100 or the 50-miler, so the longer you went, the higher the stress hormones went.

You can kind of see this in action if you take a look at a distance cardio person's body, say a marathon runner. You take a look at a marathon runner, you're going to see that he has thin legs, thin arms, not a lot of muscularity; looks a little bit gaunt. They may even have a little bit of a belly because cortisol turns your stomach into an accumulator of fat. There's a lot of receptors for cortisol right in the belly area of a man, and the higher your cortisol levels are, the more fat you're going to accumulate right around that gut. So that's why a lot of times, you'll see a distance runner and he'll actually have a little belly, compared to say a high-intensity trainer and the classic high-intensity trainer would be a 100-yard sprinter.

Those guys have some amazing abdominals, and I can tell you right now, they don't get those abs from doing crutches or sit-ups; they get them from doing sprints. I know that sprinters often have eating competitions. They go into McDonalds and see who can eat the most cheeseburgers or Big Mac's and these guys burn those calories because they've created a very metabolically-efficient body that's low in body fat and high in muscle and as we know, muscle burns fat 24/7. It's because of the type of exercise they are doing is anabolic, meaning muscle building, metabolic fueling, and not catabolic, which is what the long distance cardio exercises will give you.

The next study we're going to talk about took two groups of women, a short duration group that went hard and intense for a short amount of time and then the long duration type that were going for 40 minute spurts of exercise, so they'd go long and slow for 40 minutes continuously. They tested these women at the end of this study and found that the women who had gone short and intense, even though they had spent less time exercising, had burned three times more body fat than the people who were going for the long duration.

This brings me to my next point; this form of exercise (short, brief & intense) you're not exercising for calories burned because I'll give it to you. If you're going to exercise for 40 minutes, or an hour and compare that to 12-minutes, you will burn more calories during

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



the longer duration exercise.

The problem is, when that long duration exercise ends the benefits end as well. There's no real after burn, but what there is, is there's an increase in hunger, and study after study has found that people who engage in aerobic exercise really make up for those calories burned by eating more food after they've finished up the exercise.

Now conversely, anaerobic exercise operates completely differently. You're going to burn fewer calories, but you're going to have a long after burn once the exercise session is complete. So, what's going to happen, your body is going to continue burning calories at a much higher rate, but also you're packing on more muscle; you're building muscle every single time that you do one of these sessions and every pound of muscle you build burns muscle 24/7 throughout your entire life if you can hang onto that muscle. Also, it's the metabolic shift that you're looking for. You're looking for that increase in the anabolic growth hormone. The growth hormone builds muscle, it helps you consume calories and it shreds fat off your frame. So, sure, during the hour time that you're doing the long, slow cardio, you are going to burn more, but the net calories burned over 24 hours, over 7 days, over a month, over a lifetime, are going to be substantially higher with the short duration, intense type exercises.

Let's take a look at what science tells us about this high-intensity interval training type work. The first study that I want to talk about, they took a group of trained cyclists and measured their baseline human growth hormone levels, then had them go into the lab, get on stationary bicycles and go several intervals of all-out sprints on the cycles.

After the intervals were complete, they tested their human growth hormone levels again and the researchers discovered that these cyclists' growth hormone levels had spiked in excess of 500 percent after the short intervals. That's a really striking number when you look at it and it can actually compete with what you'd expect after injecting human growth hormone directly, which explains why growth hormone testing is not part of the Olympic testing protocol. Because if you can go out there and exercise hard and spike growth hormone levels by 500%, it makes it impossible to test for human growth hormone because that spike is equivalent to what you'd expect after injecting it.

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



This really demonstrates the power of this form of exercise, the massive spike in human growth hormone that occurs after you perform these intense routines. But I also want to demonstrate that it's just not a physical thing. It's just not the way that you look when you look into the mirror. It's not a muscle, fat accumulation thing, only it's also a sexuality thing.

In another trial, they took a group of rats and over a five week period they put them in the water and had them tread that water for several hours a day. Now treading water is not a real physically taxing activity, it's really the classic definition of low intensity cardio. Just treading water, keeping your nose out of water so you don't sink to the bottom and drown.

So what they did is they had these rats do this for five weeks then they pulled them out and they checked them out to see what kind of impact this long distance cardio had on their bodies. Compared to the controls who were doing no exercises, these rats suffered severe testicular atrophy, and on top of that they also suffered penile atrophy, their penises shrunk. Their testosterone levels plummeted and so did their luteinizing hormone. This once again can be chalked up to an increase in catabolic hormones that tear down your body and a loss of anabolic hormones that occurs when you engage in too much distance type activity.



So there you have it; we laid down plenty of evidence. I could continue on and on giving more trials more studies but as I mentioned in the beginning of this course I don't want to bog you down with too many details because I think we've established our point and I think it's time to move on now so let's head directly into our next section.

Let's get into the nitty-gritty of how you actually perform these routines. I have a rule of thumb that I follow, if I'm doing an exercise where my body weight is supported, for

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



example sitting on an exercise bike or swimming in a pool, I like to do 30 second intervals. That's going to add a little more time to your exercise but you need to do that because your body weight is supported and it's harder to get that intensity up in such a short period of time.

If you are doing non body weight supported exercises, for example, running sprints, climbing stairs, doing jump squats, you're going to keep that down to about 10 to 15 seconds per interval. So basically the way these intervals work is you warm up, what I do when I run sprints is I like to walk to the park where I run my sprints, that loosens me up a little bit. Then I do a slow jog where I'm going at a lower intensity to warm up, then the intervals begin.

So you start, run all out for 10 to 15 seconds, then you stop, and I want to make one important point about stopping, especially when running sprints. Most people aren't aware of this but most injuries occur when you're running sprints, pulled muscles, during the stop phase of the run because you're running hard then all of a sudden you loosen up, change the position of your muscles to stop and then you end up pulling something. So when you're running sprints it's extremely important that you slow down gradually and don't really change the tightness of your muscle too much just change the pace of your arm and leg movement and make that slow down process as long as possible.

Once this sprint interval is complete, you breathe hard, which is going to be going on for at least 30 seconds and I'd recover another 30 seconds after that, minimum of a minute, maybe a minute and a half. Possibly as far as two minutes especially if you are out of shape and then you're going to jump in and do another interval and you're going to do a total of eight repetitions, and that's it.

If you're efficient, you can do your run, get everything done in approximately 12 minutes, maybe even less, especially if you're doing a routine such as jump squats at home in your living room or bedroom. I can do a routine like that in about eight minutes.

Now in the pool as I mentioned you're going to go a little bit longer. To do a workout in

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



a swimming pool, and I happen to love the pool because you get a little bit of resistance in the water, so you're swimming breaststroke, freestyle or butterfly you're pulling against the water so you get that additional pump.

I also like the fact that once you get out of the water you get to lay back there and absorb some of that vitamin D, vitamin D is a potent hormone precursor and just brings all kinds of good things into your life. If you ever think about time spent out in the sun, if you ever got in the water, exercised, got out, laid in the sun and not felt fantastic, I don't think so, I think it's pretty much impossible. That's all about the vitamin D plus the hormones that are delivered once you can do this type of exercise specifically in the water.

So I jump in the water, I want to go 30 seconds, so for me, swimming a 25 meter pool that's close to my house here, salt water not chlorine, I highly recommend you find a salt water pool so you're not sucking down all those chemicals from the chlorinated water. Jump in, swim all out 2 lengths of the pool which take me approximately 30 seconds, breathe recover, rinse and repeat for a total of eight repetitions.

If you are new to exercise, obese, previously sedentary, you're definitely going to want to start this slower. There's a very good possibility that walking hills will be enough to get your wind up and that you won't need to go an eight repetition set. You might get away with only going two to four. What you don't want to do is end one of these exercise sessions where you go so hard you feel nauseous for a half hour afterwards, where you are moody, irritable, depressed, fatigued, tired.

This means you've pushed it too hard and that you've entered the cortisol zone. All those things that I've just described can really explain what a cortisol spike is. You've stressed your body too hard. It's really a bit of a science. You want to stress your body hard enough to where you're really pushing yourself but you don't want to take it so far where you push yourself into that catabolic zone because then negative things happen.

A common theme on my website is to hear from a 52 year old guy who contacts me and says, "Ok, I run four days a week and lift weights the other three days, I'm in really good shape but I have zero sex drive. I can't even get it up to have sex with my wife." My first

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



thing to them is, "you're over trained." The benefits of exercise come during the recovery, especially with this intense stuff.

It's those gaps between exercises where you start to build muscle and you just feel those hormone levels start to rise. Exercise too much or too hard, for example instead of running those eight sprints thinking I need to do more, I'm going to do fifteen. Or after these sprints I'm going to get on my exercise bike and I'm going to ride for an hour. Avoid that temptation. Trust the hormones, trust the process. Hit it hard for 12 minutes then let it go for at least two days before you do your next exercise session. Your body will respond. Basically what you are doing is you're stressing it so hard its saying to itself I need to rebuild, challenges are coming, let's release growth hormone, let's build more muscle and that's the anabolic state that we are looking to achieve with these exercises.

I need to get a few disclaimers out of the way before we move on, it's really important if you are out of shape or obese, sedentary or haven't exercised as much, that you get checked out before you jump into these routines because they are intense and bad things can happen.

Check with your medical professional, talk with your doctor, find a good one. Just make sure everything is kosher before you proceed. Also if you are overweight like I discussed, out of shape, haven't really exercised much, don't start off with sprints, start off on a bike, elliptical trainer, rowing machine or in the swimming pool.

Something where your body weight is supported. Otherwise I can guarantee you will injure yourself and you'll be out of the game and like I said this is a key component for everything that's going to come after this. You have to get this part down otherwise you really aren't going to be in a groove with the other stuff that we're going to get into after this first session here.

So that's it, were going to move on from here. You're basic homework is you're going exercise like we just discussed for 12 minutes 3 times per week maximum, and you're going to lay that foundation so all the material that I'm going to be sending you in the coming weeks, you're going to be able to build on.

BOOK ONE:

Using Exercise To Flip Your Testosterone Switch On!



You really need to look at this as a game, something fun to do that you look forward to. Take the positive approach, think about all the good stuff that's going to come into your life, and don't dwell on the negative....like, Oh I've got to get out there or have to do it.

If you have a 'have to do it' mindset you're not going to stick with it. The other thing I highly recommend is doing this first thing in the morning, and I know a lot of you have rough jobs, commutes, kids. I'm highly recommending you wake up half an hour early and get this stuff done in the morning because (A) you're much more likely to stick with it if you do it first thing in the morning; it's much easier to put this stuff off if you wait, and (B) the HGH component, the release is much stronger first thing in the morning.



One other thing I need to mention is, after you do these sessions you're not going to be hungry for about an hour. What you need to do is delay that first meal for an additional hour on top of that because any increase in insulin and blood sugar will blunt the human growth hormone release.

This is really important because as we mentioned before, we aren't going for calories burned, we're going for a hormonal shift in your body. This is stage 1; we're going to get this hormonal shift going and were going to build on it with supplements, ejaculation control, estrogen reduction and more.

This is the starting point, I really want to encourage you to make sure that you execute this and if you do that I promise you I'm going to come up with some follow up material that's going to launch you directly up to the next level.

Let's make this happen and I look forward to talking to you again soon.