SUPERSTAR STAMINA
HOW TO GET HARD AND {STAY HARD}
Did you know that there's a number of techniques you can use so that you last for 45 minutes—and even as long as 2 hours? Superstar Stamina shows you a variety of approaches that include exercises, positions, diet and physical conditioning—and some re-thinking of long-held attitudes about sex and sexual performance and the role they play in your life.

In this book you'll discover how to put these ideas into practice. Gaining more stamina requires more than just a laser focus on your cock. It's also about what you eat, getting in shape, assuming a sex positive attitude, finding intimacy with your partner, creating romantic settings, letting go of stress, taking the right supplements, and more.

Of course, you'll be exercising your cock as a core part of the program, but if that's all you do you won't gain much stamina. If you think your cock is the only element in play here, you're not going to succeed. When you comprehensively address all the factors involved, soon you may just find yourself lasting longer than you ever thought possible.

You'll know you've done your work well when you and your lover wake in the morning feeling groggy and spent because you didn't get enough sleep. Maybe you'll have enough leftover stamina for a quickie before heading off to work. That's the way stamina works: it's the gift that keeps on giving.
SUPERSTAR STAMINA: HOW TO GET HARD AND STAY HARD

ROCK ME BABY, ALL NIGHT LONG
COCK LIKE A BOTTLE ROCKET
HELLO STAMINA, GOODBYE INSECURITY
MORE STAMINA MEANS HOTTER SEX

LAYING THE GROUNDWORK: SOME ATTITUDE ADJUSTMENT REQUIRED
THE AGONY OF THE ECSTASY
YOUR FIRST SEX PARTNER
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OTHER FOODS TO GET YOU IN THE MOOD
GET YOUR BODY INTO SHAPE SO YOU’LL LOVE IT
Better stamina in bed is something all of us guys would like to achieve. There are two basic reasons why stamina might be an issue for you, and you probably fall somewhere along a spectrum between them. On one end is the problem of premature ejaculation, where you blow your load in less than a minute or two. The other end is an inability to sometimes even get hard, and if you do, to stay hard long enough to reach a climax.

**IS YOUR COCK LIKE A BOTTLSOCKET?**

You may be one of those guys who gets a raging boner at just the thought of someone else even touching your cock. You shoot your wad just a couple of minutes into your fuck, or when you're on the receiving end of a blowjob. You probably know that's called premature ejaculation, and it's not much fun for either party involved.

Your lover may not even be fully aroused yet, and here you've already come. You've achieved what you came for, and are now beginning to shrink. To keep going you have to feign interest in your partner's needs and so you (sometimes half-heartedly) go through the motions until they get off too. You're sleepy and it seems like your partner is never going to get off. The sex turns boring and you feel like you're just going through the mechanical motions. Other times, you may be able to rise to the occasion and enjoy a second round until lover comes as well, but that's usually not how it works.

**ROCK ME BABY, ALL NIGHT LONG**

Better stamina in bed is something all of us guys would like to achieve. There are two basic reasons why stamina might be an issue for you, and you probably fall somewhere along a spectrum between them. On one end is the problem of premature ejaculation, where you blow your load in less than a minute or two. The other end is an inability to sometimes even get hard, and if you do, to stay hard long enough to reach a climax.
HELLO STAMINA  GOODBYE INSECURITY

Or, you may be someone who suffers insecurity about the size of your cock and are plagued with fears that you won’t be able to maintain a strong erection long enough to get the job done. In this case, you’ve given yourself over to the fear, and it usually turns out to be a self-fulfilling prophecy. You lose your hard-on, your partner tries to revive it with little success, so you roll over, say "goodnight, maybe in the morning."

When that happens time after time, it’s sad and depressing and it affects your life in and out of bed. But don’t beat up on yourself and most of all, don’t internalize the sense of failure. It’s nothing you consciously caused to happen, and it can be fixed. There are many reasons a man can get to this point, and there are sound solutions for almost all of them. Any combination of factors—like your hormones being out of balance, poor physical condition (of your body in general, and your cock specifically), or psychological issues—can cause this to happen.

MORE STAMINA MEANS HOTTER SEX

Maybe you’re somewhere in between on the spectrum from premature ejaculation to performance anxiety, and have a fairly satisfactory sex life that you just want to spice up. Doubling or tripling the amount of time you’re sharing your cock with your partner will make your sex life much hotter. When you devote more time for your sexual encounters and take them slowly, you can relax into the act, exploring exciting new variations in positions, moves, and more.

A study by Canadian and American sex therapists found that the average time for intercourse is less than 12 minutes. Once you gain the stamina to stretch things out, what used to so take few minutes from beginning to end—or maybe wasn't even getting to its end—can now be lengthened to a half an hour, 45 minutes, or even longer. The thing is, once you start consciously working on building your stamina, it's a process that doesn't stop. It’s fun, sexy, and you start to see results right away. That combination is strong motivation for continuing to do the, um, hard work. The results will amaze and delight you—and your partner too..
Aaron Wilcoxxx has featured in over 200 adult movies.
LAYING THE GROUNDWORK: 
SOME ATTITUDE ADJUSTMENT REQUIRED

Let's start by talking about how to address some of the types of attitudes and psychological issues that might be standing in the way as you set out to increase your stamina. The single most important of these is caused by our society's conflicting attitudes about sex.

THE AGONY OF THE ECSTASY

If you came of age in the 60s, 70s or 80s, you were probably given the message by your parents, teachers and religious leaders that sex was bad. Or you might not even have been told anything at all about it. How could you come away from a situation where sex was something nobody ever discussed, and seen as something to be avoided, without bringing along some excess baggage full of other people's hang-ups?

No matter how hard you were trying to be a good boy, the question of whether to engage in sex eventually—and rather suddenly—became moot. Your hands found your cock at an early age, and from then on you became hell-bent on pleasuring yourself at every opportunity. Sometimes you worked it so hard you were afraid it might fall off.
Your First Sex Partner

You found a friend (whether a boy or girl really doesn’t matter) who one day magically turned into a lover, luring you into furtive, frenzied—and pretty hot—sexual escapades. Here you were, doing something forbidden, something that you felt you needed to hide, but damn, did it ever feel good! You could not avoid internalizing the tired old Victorian moral code on the one hand, and you couldn’t stop doing what you were doing on the other. Because the pleasure was often cancelled out by the guilt, you found yourself in a constant state of angst about the whole thing. Sometimes you wished it would all just go away—but not really.

A Culture in Sexplosion

Today we find ourselves in a society soaked in sexual images and messages. Advertisements, movies, plays, and TV shows with extreme sexual themes are in our face everywhere we look. Internet sites offer easy-to-find pornographic photos and videos that are so exciting that we sometimes find ourselves jacking off to them.

People are flaunting their nakedness at Burning Man in the Nevada desert, and in broad daylight, tooling down Broad Street at the Philadelphia World Naked Bike Ride, cocks painted in bright colors, waving in the wind. They’re frequenting nude beaches and private pool parties where everyone sheds their suit and lets it all hang out.

We’re watching from the front row as society abandons the constraints imposed since Queen Victoria’s time. Obviously, you can’t keep a good thing down. And the old adage makes sense: if you can’t beat ‘em, join ‘em. It’s time to root out and abandon any negative or repressive attitudes about your cock. You get to put it to use any way you please, as much as you want.
OPEN YOUR LINES OF COMMUNICATION ABOUT SEX

Why is it that we often treat the most intimate part of what we’re sharing with another person—physically merging our bodies together—as something we aren’t willing to discuss openly with one another? There are many reasons, and when you examine them, you’ll see they’re pretty much bullshit. The first reason is that on some level most of us have accepted the idea that sex is something to be hidden, or worse, that it’s dirty or degrading. But just stop and think about this absurd proposition for a minute: sex is how we all get here. You are the irrefutable evidence that at some point your parents had sex, and more than likely, they enjoyed it. The point is, no matter what messages you got growing up—verbal on non-verbal—sort through them and discard the ones that tell you having a full sex life is bad.

EXPOSE MORE THAN JUST YOUR COCK

Another reason for avoiding communication with our partner is that we might have a fear of exposing too much about ourselves. This is really ironic because we’re only too happy to throw off our clothes and share our naked body with someone, but we’re reluctant to talk about what we’re doing together and how we could make it better. We’re afraid that if we start talking about our sex life, we might have to admit to our own insecurities as part of the deal. Perhaps we fear we’ll inadvertently blurt out something we didn’t mean to share, like thoughts of being sexually attracted to a close buddy, or having a fantasy about a ménage a trois with the neighbor across the street. After all, you never know what you might let slip when you are overly excited. Or maybe we’re scared that our partner will share something about us we don’t want to hear, or worse, that we might tell them something like that and it hurts their feelings and drives them away from us.
HOW TO USE DIRTY WORDS

Sometimes it's just not knowing the right words to use. “Vagina” sounds so clinical and, um, dry. Should you say, “Just looking at your pussy turns me on?” or “Thinking about your cunt makes me hot?” Some of the words describing sex acts and body parts seem silly, others come across as too coarse. You know that you're walking a fine line as to whether your choice of words will be seen as sexy and provocative, or as sexist and repulsive.

Terminology can be something of a tripwire if you're using these words with a woman. Groping for the right words is a lot less of an issue if your partner is another guy; guys are more than willing to be coarse with each other, and will probably even find doing so a turn-on.

BEGIN THE CONVERSATION

Believe it or not, having this kind of conversation with your partner is an important first step in improving your stamina, because it will enable you to be sexual in a more casual and relaxed way with your lover. Having talked about things openly will decrease your anxiety and make it easier for you to be fully in the moment—fully present, fully erect, fully ready to rock all night.

Where should you start when you want to open a conversation about your sexual relationship? There are probably things you'd like to know about your partner's past, but you should be careful. Don't probe about former boyfriends. Old relationships may contain minefields of hurt and pain for your lover. Keep your focus on now, and on the two of you—and what you want to see in the future as your relationship intensifies. It may even help to set some ground rules before opening a conversation: what topics would you like to be off-limits?
Here are a few questions you might try. Think about how your partner might respond when you ask them, and what unexpected answers he or she might give. Be prepared to hear responses you might not like, and think about how you might answer the questions yourself.

Pick and choose from the questions below when you want to start the conversation. Note: it’s probably better to begin a discussion like this after dinner, over a couple of glasses of wine, rather than when you’re both stark naked in bed.

**Is there something you’d like me to do when having sex with you that we haven’t done before?**

**Do you really like it when I go down on you? Can you suggest a way I could make it better?**

**When you go down on me is it OK if I come in your mouth? Or would you rather I spill it on your stomach?**

**Would you find it a turn-on if we watched porno movies together?**

**How much do you enjoy kissing? What can I do to make my kisses more erotic?**

**What are your favorite memories of times we have been intimate?**

**Are there things that happen outside the bedroom that make you want to fuck me?**

**Where is your favorite place for being touched when we’re making love?**

**What would your ideal intimate encounter with me be like?**

**Are there things you’d like me to say to you during our lovemaking?**

**Do you prefer to make love in the dark or with some lights on?**

**Do you ever fantasize about having sex outdoors?**

**Would you consider going to a nude beach with me?**

**Does having this conversation make you more comfortable or less comfortable?**

Choose a few questions that you’re sure your partner won’t find threatening or that will put him or her on the spot. Start talking and see where the conversation leads. Most likely it’ll lead to some hot lovemaking. That’s what happens when people let down their guard and tune in to each other’s needs.
STOP WORRYING AND LOSE YOUR STRESS

Of course, it's hard to stop worrying if you're tied up in knots thinking in advance about how you're going to perform in bed. When beginning a sexual encounter, if you find yourself retreating into your own head, take some deep breaths and be fully aware of your surroundings and your physical sensations. If you had a bad day of work and are stressed out about it, running it through your mind over and over, put it out of your head for now by thinking of something pleasant.

Stress kills hard-ons. Money worries, problems with your kids or your job, health issues—all of these and more can climb into bed with you and your partner if you're not careful. Don't have conversations about any of these things when you're in bed. Try not to even think of them. Breathe deeply and center yourself, and focus on the good time you're about to have. Putting them out of your head for an hour or so won't make your problems go away, but it may create the space for you to have a pleasant experience, and that will make them seem less important.

Shift gears and seek to connect with your partner on an intimate level. Look into her eyes. Smile. Say something sexy about her. Tell him how good he looks, or how you have been anticipating this moment all afternoon. Sex is as much about intimacy as it is about pleasure. Stamina and staying power are a byproduct of that intimacy, not the reason for it. Intimacy does not happen because you're able to keep a raging hard-on for an hour or more. It comes because you care about your lover and want to make them happy.
WHAT IF YOU NEED TO TAMP THINGS DOWN

If your stamina problem is more related to premature ejaculation than to performance issues, you will benefit from taking an honest look at the attitudes you carry into your sex life. First question to ask is, are you making it all about you? Be honest: do you have sex just so you get your rocks off? If that's your only objective, you need to reorient yourself so that your partner comes first. Otherwise, you'll probably destroy the relationship you're in, and you'll walk away with a reputation as “cocks,” thoughtless—and a bad lover.

If you're with a woman and you don't bother to make sure she has an orgasm every time you fuck her, you're only in it for yourself. Some women have been brought up to think of sex as an obligation they owe to their partner, rather than a pleasant and fulfilling experience themselves too. Even if you're with a woman like this who is reluctant to let the pleasures of a sexual encounter wash over her, you can—and must—be the agent of change. You can gently persist, upping the pleasure for her by doing things that turn her on like gently biting her nipples, fingering her pussy, tickling her ears. Find her clitoris with your tongue. (If you don't know what that is, you're bush league; educate yourself.)

If you make sure that your partner is the object of attention rather than focusing exclusively on yourself, both of you will be winners. She'll be basking in the glow of sexual satisfaction, and you'll be able to stay rock hard while you fuck her over and over. She'll want to be your lover not just to satisfy your desires, but also because it brings her immense pleasure. You can easily see how that's to your advantage. She'll find you a complete turn-on and you'll multiply your opportunities for hot sex well into the future.

If your lover is a guy, things are more likely to be on a more egalitarian footing. He probably won't let you get away with blowing your load unless you help him to blow his too. After all, you're both getting your rocks off the same way, so it's quite evident if it happens for one and not the other. You need to do him right and make sure he's the object of your attention; be sure that your main objective is to satisfy him first—and
SETTING THE STAGE

You can't have hot sex that lasts for an hour or more in an inhospitable environment. Sure, those occasional moments—like that frenzied fuck in a toilet stall in a nightclub, or that blowjob in the back seat of your car, or the hand job you got in a hidden doorway in a back alley—can be extreme turn-ons. But they usually don't call for much in the way of stamina.

When you're seeking a to lengthen and draw out a sexual encounter, you want conditions to be as pleasant and private as possible. If you have kids or roommates, the door should be locked. The bed needs to be clean and not piled up with your dirty clothes. And of course, the lighting matters.

WARMER ROOM = HOTTER SEX

Maybe you have fond memories of a hot summer night when the air in the room was stifling hot and heavy, and you and your lover were both sweaty as hell. You rolled around in each others' arms, feeling your wet bellies slide across each other. Being hot is—well, hot.

Your sex drive gets amped up when your body is in a warm place. So to set the stage for better stamina, set the thermometer higher. When you do, send a mental message to your cock that things are heating up. Think ahead and make sure the temperature in the room is perfect. Warmer room = hotter sex

WARMER BODY = HOTTER SEX

Take a good hot shower before you jump in bed. Ideally, take that hot shower together with your partner. Soap up your lover's body, paying particular attention to the zone between the legs. Gently nibble his or her nipples as you feel the water coursing over your head.

It'll be a good opening act for the performance that awaits. Getting yourselves all slippery and horny is good, but the main reason for showering is to warm yourself up. It'll get your blood flowing and coursing through your extremities—including the one we're focused on here—your cock.
Shed your clothes and some light on the subject

Always get completely naked when you’re about to make love. That lets you feel sensations on your skin from head to toe. Sure it’s fun to fuck with your pants around your ankles, but at the end of the day, it’s constraining. Your lover’s hands on the bare skin of your butt are a lot more exciting than when they’re caressing a pair of jockey shorts covering your skin.

Maybe your partner is a little shy and prefers sex in the dark. That’s OK, but you should see if you can convince him or her to let you shed a little light on the subject. Maybe start with a few candles around the room. Those will give off a romantic glow, and the flickering flames send signals of warmth to both of you. Man hungers for fire innately.

When you can see what you’re doing, it’s easier to change positions or get right to the target for places you want to lick or kiss. Being able to see your lover’s face will give you a world of signals that will help you know when you’re doing the right things. When you’re doing the right things, you want to keep doing them. See where this is heading?

Indoors or out

While you can have some amazing and long-lasting sexual encounters in your bedroom, consider what it would be like to take your show on the road. Fucking in broad daylight on a nude beach will be an amazingly erotic experience for both of you. If you or your partner are a little timid you can arrange to do it in a secluded place under a blanket; if you’re less inhibited, do it on top of the blanket. If you’re ready to be brazen and want to take the sexual experience to the peak, find a place where raunchy behavior is accepted practice, forget seclusion altogether, and make it a public performance.

Imagine receiving a blowjob from your lover while you’re looking up at the stars beside the campfire outside your tent in the Colorado Rockies. Experiences like these can leave you with erotic memories you’ll revisit in your mind over and over for the rest of your life. You’ll find your cock swelling up every time you think back on them. Call them to mind when your stamina needs a jolt and they’ll usually come to your rescue.
Sex games

Remember how thrilling it was the first time you played strip poker? Depending on how adventurous your playmates were, and how private the setting, all of you may have gotten buck naked. Who knows where it went from there? You love sex. You love games. Combine the two.

You can find a wealth of suggestions on the internet that include word games, board games, card games and more. Games are a great way to get things moving in unexpected directions, helping you break out of the rut. And because they add time to the experience of the sexual encounter, you can build up the tension more slowly. Your stamina will increase because once you associate sex with play you’ll want to play and keep playing.

OK, enough with the psychology part for now. But don’t brush it aside. Keep asking yourself—and your partner—questions about your sex life and attitudes. Engage in fantasies and visualizations whenever you can. Tune out repressive and negative messages about your body and genitals. Seek out new experiences. Give your cock plenty of personal, loving attention. Find a sex positive attitude.
THE PHYSICAL PART OF THE EQUATION

Let’s turn to the physical strategies for increasing your stamina. We’ll start with the easy part first: how playing with your cock as much as you want can help you get harder than you ever imagined—and stay that way longer.

YOUR COCKS DAILY WORKOUT

Though there’s some debate about whether you can actually physically enlarge your cock, there’s absolutely no question you can get it into better condition so that it reacts more quickly, and when it swells up, stays bigger longer.

It’s just like training for a marathon: who would set out on the day of the big race without a lick of training? What’s more, there’s a halo effect that spills over, keeping it bigger all day long (and even when you sleep). Feeling it down there pushing against your pants at random times even when you aren’t thinking about it is a turn on and puts you into a sexual mood.

Our companion publication, Healthy, Happy, and Hung is a great place to start if you want to discover a series of exercises that will increase your size and stamina. You’ll start by learning how to strengthen stay that way longer.

“Oh good,” you might start thinking. “I can jack off all I want and call it exercise.” Not so fast. If you play with yourself every day and waste your sperm by shooting it into a dirty sock that you casually toss into the laundry, you’ll quickly find your stamina pretty much depleted, not enhanced. Healthy, Happy, and Hung teaches you that keeping as much semen inside yourself as possible will help build your stamina.

The secret is not to jack off, but to jack on. Bring yourself to the point where you’re just about to climax, and then hold it in. By practicing this method, you’ll soon have way better control of your cock and your ejaculations, and that will bring you stamina you’ve never dreamed possible.

You’ll find the cock exercises in our other bonus book Healthy, Happy, and Hung.
THE DIFFERENCE BETWEEN ORGASM AND EJACULATION

While they clearly go together, and you may have always thought of them as one and the same, orgasm and ejaculation are separate physiological processes. By learning to sublimate your ejaculation, not spew it into your partner or a waiting tissue, you can reach a point where you can have multiple orgasms during one sexual encounter. If you’re sharing your progress with your partner and he or she is beginning to have multiple orgasms too, the two of you have reached sexual nirvana.

Women often think they’re the only ones capable of having multiple orgasms. But guess what? The early Kinsey studies showed a greater percentage of men (15%) reporting that they were lucky enough to have them. Practicing your cock exercises with devotion will quickly get you to a point where your PC muscle is strong enough to get your motor revved up without any trouble.

Mastering the jacking on technique will train you to be able to have several orgasms without ever ejaculating. Keeping your semen inside yourself is nourishing, and as you get better at doing so, you’ll be able to stay hard, please your lover for hours, and have deliriously happy series of orgasms, one after another.

TRY SOME {NEW POSITIONS}

Have you fallen into a rut in bed? Just doing the same old things that have worked time after time? You need to get out more. Go to the library and check out a copy of the Kama Sutra. Seriously, trying on some new positions will bring excitement back to your sex life, and that can only improve your stamina.

THE RIDER

If your stamina issue is that you come to soon, you can try lying on your back and letting your partner mount you. This does two things: it puts your lover in charge, and gives you better control. Lying on your back means you’re more relaxed and it’s easier to let go of stress. Then you’re in a better position to just let the sensations course through your body.

THE REVERSE RIDER

This is the advanced version of the rider. Your lover faces the other direction and mounts you. This will change up all the sensations, and have the same effect as the basic rider, helping to keep things from getting away from you too soon.
THE DRAGON

Your partner lies face down on the bed, and moves so their hips are at the edge of the mattress. Toss a couple of pillows on the floor, where they place their arms and elbows. You’re behind them and find your legs are between your partner’s legs, your knees just behind theirs. Hold your torso upright with your arms holding on to the edge of the mattress. Find your way in and thrust in and out to your heart’s desire.

THE MISSIONARY POSITION

You’re asking yourself, “What?! Who doesn’t know about the missionary position?” Well, it’s an old favorite that can come in handy in building stamina once you have mastered the technique of separating your orgasms from your ejaculation.

One of the complaints about the missionary is that it doesn’t give women the best stimulation. But when you add a little dessert topping like tonguing her cherry, she’ll go into lusty spasms. Just when you feel yourself reaching the point of abandon, pull out, and go down on your partner, getting them even more aroused while you take a breather to cool off a little. Let’s call this the interrupted missionary position.

There are endless variations on sexual positions, and the point here isn’t to tell you that two or three are magic potions, all that much better than others. Rather, it’s for you to recognize that changing things up is what matters. Go thee and google “sex positions.” Do your homework, imagine yourself in some new and interesting permutations. Try out some new ones with your love.

Just don’t spring these new ideas on your partner without preparation. You don’t want to do anything abrupt in the middle of having sex because it can cause your lover to lose concentration.
YOU ARE WHAT YOU EAT

Trying to gain sexual stamina while you’re eating junk food, or loading up on meat and potatoes night after night is a fool’s game. You won’t get anywhere unless you eat right. That would be like trying to win the Indy 500 with a racecar fueled by cheap, watered-down gas. Won’t happen.

When you eat greasy, fried foods all the time, where do you think the fat goes? It clogs up your blood vessels and arteries, and what’s left over settles in your ever-expanding pot belly. You won’t be a sex god unless you reverse this process.

There are some foods that naturally amp up your desire and ability to act on that desire. Some are even considered aphrodisiacs. Those should be a good place to start:

**OYSTERS**

Oysters have long been seen as an aphrodisiac. Is it because they resemble a woman’s vulva, slick and oozing, or because they contain so much zinc? Maybe it’s for both reasons, but settling down to a plate of raw oysters in a New Orleans jazz club with your lover will definitely help you get hard and stay hard when you get back the hotel.

**DARK CHOCOLATE**

It’s no wonder chocolate is associated with romance. It’s coming to be seen as a superfood, and that’s because all the good things it does with the endorphins and neurotransmitters in your body. Share some gooey dark chocolate in bed with your lover before you begin your loving. Smear some on your cock and ask him or her to lick it off. Just don’t do this too often, because too much of a good thing has its consequences. You’ll start getting fat again.
**CHILI PEPPERS**

Eating chili peppers will easily spice things up in bed. That’s because they contain capsaicin, a compound that raises your heartbeat, causes you to sweat, and pretty much does all the same things as what happens to your endorphins when you start getting aroused. Begin the evening at your favorite Mexican restaurant.

**AVOCADOS**

Did you know avocados name is derived from the Aztec word for testicle? They've long been associated with fertility. Crack out the guacamole.

**ASPARAGUS**

It makes your piss smell funny for a day or so after you eat it. Anything that has that kind of an effect “down there” is telling you something. Just look at its phallic shape. Eat it often.

**RED WINE**

Besides relaxing you and your partner, a glass or two of wine helps you both lower your inhibitions and get in the mood. It also contains elements that help build your HDL—good cholesterol—and it lowers your chance of blood clots. But keep the too much of a good thing rule in mind: getting too drunk will probably make your sexcapade sloppy and shitty, and kind of depressing.
In no particular order, here are just a few of the other foods that will improve your sexual stamina. The list includes:

- blueberries
- nuts
- watermelon
- garlic
- celery
- bananas
- eggs
- tomatoes
- olive oil
- pomegranates
- oatmeal
- honey
- dates
- figs
- wheat germ

Notice anything the things on this list have in common? They don't contain meat, cheese or milk. You don't have to switch to a diet that only contains these items, but at least be sure to incorporate them into every meal or snack whenever you can.

On the other hand, there are foods that are your cock's worst enemies: fried foods, ice cream, alcohol, processed cereals, margarine, high fructose drinks and candies, fatty cheeses, cakes, pastries, potato chips and last but not least, artificial sweeteners. You're really doing yourself harm if you think you're saving calories by drinking diet pop. You're sending bad chemicals down to your balls is what you're doing. You're harming your stamina, not helping it.
GET YOUR BODY INTO SHAPE SO YOU WILL LOVE IT

If you're ashamed of the way your body looks, that should be a clue of something you need to address if you want to increase sexual stamina. Whether it’s been months or years since you actively exercised, you need to start right now. Otherwise, you don't have a prayer to be successful getting hard and staying hard.

If the mast is standing tall and proud on a sailboat, but everything below it is leaky and falling apart, how far do you think that boat will get? How long can it last? Just like that boat, your cock can be trained and fed supplements and maybe look and work a little better than it did before, but it will stand alone while the boat sinks. It may be the last thing to go under, but why allow that to happen?

When you start exercising after a long period of neglect, don’t overdo it with newfound enthusiasm. Instead build up slowly. If you want to get to a point where you swim laps for a mile three times a week, start with just a few and add to the number each week. If you start out swimming a mile from scratch, you’ll tire out and demotivate yourself. Same if you’re running. Start with a quick jog around the block, build up to the marathon.

Being in top physical condition is sexy. You look good in a pair of running shorts and a t-shirt when your gut is gone, and catching a glimpse of yourself in the mirror at the gym is a turn-on. Maybe you can even rock a Speedo. Playing basketball with a bunch of guys, where everybody gets all sweaty and physical causes your testosterone to rage. A long hike is a great opportunity to center yourself and breathe deeply. And, if that hike is to a remote enough area, it might even lead you to a great place to strip naked and lay on a warm rock, tightening your PC muscle, jacking on in the sun.

Jack on, brothers.

AARON WILCOXXX
CHAD HOWSE PRESENTS

THE BOXING BODYWEIGHT PROGRAM

www.chadhowsefitness.com
Chad Howse Presents…
The Boxing Bodyweight Program

I don’t always do bodyweight workouts, but when I do, I train like a fighter.

If you don’t know my story, I’ll give you the short version.

I was a skinny kid growing up, an athlete, but very skinny. I tried for 8 years to build muscle and to forge my ideal body through bodybuilding and all sorts of other methods, yet yielded no real changes in how I looked or performed.

Alas, I finally quit.

I’d had enough of my skinny genetics and my inability to make any changes in my physique – sounds like a great training coach eh? (yes, I’m Canadian) – so I quit all-together.

Kind of…
I've been infatuated with boxing ever since I was a wee lad.

My old man gave me a documentary on Ali when I was 3. My mom would talk endlessly about her childhood hero as an Italian, Rocky Marciano. I grew up idolizing warriors like Arturo Gatti and Mickey Ward.

I watched every fight there ever was, yet I knew no one that boxed. I played hockey when I was young, then basketball, but after an injury forced me to put my basketball dreams on the back-burner, coinciding with my frustrating inability to build a stronger body, I sought out the best boxing gym in my city and started my life as a fighter.

I jumped in head first.

The great thing about boxing is that building muscle mass can actually work \textit{against you}. Thus, over the next 3 years I fought 6 times, losing only once (my first fight), but packed as much strength and power into my fighting weight as humanly possible, and largely doing bodyweight workouts.
Sure we flipped tires, slammed sledgehammers, and performed Oly lifts, but after every session we’d do bodyweight circuits.

At the end of my 3 year stint in the fight game I was still infatuated with the sport, but I wanted to move on, to start a business, and, along with the knowledge I learned from my old school boxing trainers, finally build my ideal body.

This program consists of the best bodyweight workouts I used when I was fighting.

They’re old school and hard.

There’s no gimmicks or tricks just hundreds of years of knowledge.

That’s what sets boxers apart from the rest of the fitness or sports industries: it’s a sport that’s been around for hundreds of years.

It was in the original Olympics, and the training methods have been passed down and perfected just as long.
My trainer’s old man was a trainer, as was his old man, and so forth. You don’t just wake up one day and decide to be a boxing trainer. It’s in your blood. It’s taught to you by someone who wants to pass on their legacy, and it’s the fighters that benefit, or in this case, you.

But before we get into the actual workouts and the program, we’re going to solve your inability to build muscle or burn fat at the source:

Your hormones.
Why You *Can’t* Build Muscle or Burn Fat

There’s a step we miss in our efforts to build an ideal body; a step that’s no fault of our own as most of the institutions that educate us on how to attain said body neglect to teach us this very same step.

What’s terrible is that to truly build our *deal* body, both with strength and athleticism, and a ripped, muscular physique, we *need* this step more than any other.

The piece of the puzzle I’m referring to is, of course, creating optimal testosterone levels. High, natural testosterone levels will help you burn more fat, faster, as well as build more muscle, faster as well.

Most of us, start by doing things that actually *lower* our T levels, making it an uphill battle, trust me, that’s what I did for my first 8 years of training.

I started off like many of you, as a skinny guy trying to build muscle. Like most skinny guys seeking out a
more muscular build, I dove into the muscle mags for a solution.

The problem with the muscle mags is that they recommend a “bulking” protocol, but bulking actually lowers testosterone levels in men, making it, then, harder to build muscle, and especially the lean muscle that we all want.

Alas, year after year, and program after program, I went in circles, never fully achieving the body I’d embarrassingly only have in my dreams. Instead of the ripped, athletic, muscular body I wanted so very bad, I’d get skinny-fat, then a little more muscular, but never “ideal”. The reason for the ups and downs was that I never addressed my hormones.

It’s our hormones that have the greatest effect on our body composition, and for guys, this hormone is testosterone. And where we’re failing to provide you with information as to how to make these hormones
optimal, we’re failing you by not providing you with this vital step in developing the best body you can create.

So, how do you force your body to create more testosterone, even though men are producing less and less of it each decade?

1. Lose fat first (this’ll help you build more muscle).

   The boxing program you’re about to do will help with this in a big, big way. So get started on it tomorrow.

I’m sure you’ve been told that the best way to build muscle is to eat as much food as humanly possible so you can gain the mass, which will help you gain the muscle. What this actually does is it makes it tougher for your body to gain the lean muscle tissue that you really want.

So what’s the fix? It all has to do with your diet. Lift to build muscle and get stronger, but make sure you’re having the right macronutrients at the right time so you’re not gaining too much fat.
For skinny guys, there’s a way to eat that’s different from heavier guys. Of course, skinny guys need more carbs to pack on the extra pounds, it’s when you have these carbs that will help you keep your gains lean. We’ll talk about this a bit later...

Back to the fat...

Fat opposes testosterone. The two don’t play well together. When you have excess bodyfat, you’re going to have higher estrogen levels, and estrogen is an enemy of testosterone. So just as it’s important to fix your diet, make sure you’re training your butt off as well.

2. **Eat more fat.**

Testosterone is created in the testes; hence, testosterone – when your body converts cholesterol into testosterone. Cholesterol is produced naturally by the body, which is a great thing, but we can also get it from dietary fats, like those of the saturated, monounsaturated, and polyunsaturated variety.
Alas, you need these healthy fats from fruits, veggies, nuts, oils, and animals, to produce optimal testosterone levels.

If you’re *not* giving your body enough fat, which can be up to 60% of your macros consumed daily (yes, that’s a lot), you’re not feeding your body the building blocks it needs to produce the testosterone levels that will get you your ideal body, no matter how you define it.

### 3. Find time to de-stress.

Estrogen is an enemy of testosterone, but cortisol may be its greatest enemy, and one of the causes of increased cortisol levels in our bodies comes from increased stress. So if you’re constantly worrying and stressed out, find time to *de-stress* and put things into perspective.

Another trick to lower cortisol levels when they’re often at their height is getting your post workout nutrition down.

Supplement – or juice with oranges after a workout – with vitamin c and zinc. The C will combat the cortisol that’s elevated during a workout, and the zinc will
block aromatase, which is a precursor to estrogen. This will keep your testosterone levels high when you need them most, aiding you in your post-workout recovery.

What’s the *most* important thing you can do to naturally increase your testosterone levels?

Fix your diet!

If you follow the right diet, you’ll force your body to produce more testosterone, which will help you recover faster, use more fat as fuel, both factors will help you build more muscle and burn more fat.

3 Ways to Naturally Increase Your Testosterone Levels Through Diet
Fixing your hormones is the first step.

When you’ve figured out how to create optimal testosterone levels your body and your genetics will no longer be the thing holding you back.

I’m a skinny guy with skinny guy genetics, but that’s also me on the cover of this ebook. You don’t have to be held back by your genetics, let your hormones aid you in your quest.

Now, the program...
the Boxing Bodyweight Program

For eons, boxing revolved exclusively around bodyweight training. Push-ups and pull-ups dominated the legend’s workouts. And with these bodyweight–only routines, they became the fittest humans on the face of the planet.

Bodyweight training, from a boxing standpoint, however, isn’t your typical bodyweight method. It isn’t easy. It’s not predicated on being for “everyone”. This shit’s tough. It’s painful. But by God it’ll get you in the best shape of your life.

With that, a brief intro that hopefully stirred you into a frenzy, incapable of sitting for 5 more minutes, let’s dive into the routine that will be yours over the next month.

Enjoy…
The Layout

Round #1
Supersets

The first “set” of the workout will be a metabolic superset designed to help you burn a boat load of fat, right at the beginning of the workout.

I should add that the goal of each of these workouts isn’t to merely burn fat, but to build muscle, increase power and strength, and get in great shape.

If you’ve never done a superset before, it’s two exercises done consecutively, with rest coming after the set. What this does is it not only helps us burn far more calories than a conventional set, but it cuts the workout time in half.

The focus of the first set will be two compound exercises. These exercises focus on bigger muscle groups, but also more than one muscle group at a
time, helping us burn more calories than we would with isolation.

Focus on performing these exercises at a good speed, while maintaining proper form. Also, make sure you’re performing a full range of motion with each rep. Don’t cut a rep in half to increase the tempo.
Round #2
Giant Sets

I’m sorry to say, but supersets are just the warm-up. To compound the metabolic effect of the first sets of the workout, we’re throwing in giant sets, which are three exercises performed consecutively, with rest only coming after the set has been completed.

This is yet another way to get more work done in less time, and to raise our metabolism so we continue fighting fat long after we’ve left the gym.

In these sets we’re purposely working the entire body. We’ll start in one area of the body, the legs as an example, then move to the upper body with the next exercise, then back down to the lower body. Doing this makes our blood travel a greater distance than it would were we to focus only on one muscle group at a time. What that does is it helps us burn more calories – i.e. more fat.

We’ve also dropped the rest time from 60 seconds in the first set, to 45 seconds in the second set. This
helps us create more lactic acid, and it forces us to recover faster.

In boxing, recovery time is everything. You have 60 seconds between rounds to fully recovery from a 3-minute round. If you don’t fully recover, and your opponent does, you’re in for a world of hurt.

As such, fighters shorten their recovery time between rounds during training. Often down to 45–seconds, or even 30–seconds. That’s what we’re doing with the giant sets. So we’re not only fighting our fat, we’re getting in better shape as well.
Finishers – Rounds 3, 4, and 5

During the previous sets we’ve been going at a good pace, building lactic acid, burning fat, and building muscle. Now comes the finisher. This is the hardest part of every workout, and it’s what separates the winners from the losers.

Of course, you may not be able to burn through these at the beginning of the program, but by the end, we’ll have you blasting through these finishers like it’s nobody’s business.

Here’s the real trick with these finishers:

They’re timed.

So what? Well, it’s a trick my trainer taught me when I was fighting. By timing sets, we can’t count in our heads and gage when the set will be over. It’s as much a mental test and a test of will, as it is a physical test.

That’s what makes a round in a fight so tough. There aren’t any reps to count. It’s almost as if there’s no visible light at the end of the tunnel. We just have to
keep on pushing and continue fighting until that bell sounds.

With these metabolic finishers, keep pushing until you hear that bell.

Set up a watch or a timer to 30 seconds, or keep your eye on the clock and rotate through each exercise. There are four of them per round, with a 60-second rest period coming at the end of each.

I would say save some gas in your tank for the final round, but don’t. Push yourself as hard as you can. If you can’t make it to the end, you can’t. But with each workout you’ll get closer and closer to where you want to be.
Changes in Tempo

For the bodyweight program, we’re doing everything at full speed throughout. However, if you find the workouts a bit easy, or if you want to push this program beyond the four weeks that it currently is, you can make some changes in the tempo of the first 2 sets to accomplish both.

Since the workouts are already at full speed – and with good reason – the only change in tempo you’re going to be doing is to slow the exercises down. At first, only slow the eccentric contraction.

The eccentric contraction is the way down on a push-up, pull-up, squat etc... It’s when the muscle lengthens. You want to keep the concentric contraction – where the muscle shortens or “contracts” – at full speed.

Combine this change in tempo with the added tension I’m going to explain to you next, and you can increase lactic acid build-up even further, while adding more difficulty to the program if you want to push it to a 5th or even 6th week.
Adding Tension

There are many ways and angles we can work each muscle. Using the chest as an example, there’s the press, and the fly – or the squeeze. By combining both, we can add more tension to an exercise, making a bodyweight program even more difficult that it already is.

Check out the video below where I show you how to make a push-up *way more* difficult.

http://www.youtube.com/watch?v=sTcggprVauM

The same tactics can be applied to every exercise.
Making it a Plyometric (advanced)

In sticking with the theme of making the program more difficult, we can also make it “plyometric”. That is, we can make it more explosive. If I’m preparing for a fight, I’m going to use plyometrics instead of regular exercises.

They’ll help boost metabolism, while increasing power and explosiveness at the same time.

To do this, all you do is make each exercise into a “jump”. I put quotations on the word jump because you’re not going to necessarily jump with a push-up, pull-up or inverted row. You’re simply going to get some separation between you and the ground.

With the lower body exercises, you are literally going to make them into a jump. Here are the variations I’m talking about.

Note: If you’re going to make these alterations, you’re an advanced trainee. Meaning you’ve been training with weights, or for athletics for 2 or more years. You
know your way around a gym, and the proper form for these exercises should be already known.

- Push-ups – clap push-ups
- Split squat – jump split squat
- Step-ups – jump step-ups (don’t alternate feet)
- Chin-ups – clap chin-ups
- Knee push-ups – clap knee push-ups
- Dips – clap dips (or just get separation between your hands and the dips bar)

Most of everything else is already plyometric, like frog jumps and tuck jumps. Keep the burnout sets as is.

**Single-Limb Training**

For the single limb exercises, like the split squat, lunge, or step-up, focus on one leg at a time before moving on to the next.

The exceptions:

Step-up Jumps – alternate legs as you jump.
Setting Up Your Training Schedule

The bodyweight program is four days of intense training each week. You want to separate these four days up as much as your schedule allows it. If you can’t due to scheduling conflicts, don’t worry about it, but here’s an ideal setup for the week.

- Monday – Day 1
- Tuesday – Day 2
- Wednesday – Recovery Day (go for a run or sprints)
- Thursday – Day 3
- Friday – Recovery Day (take the full day off)
- Saturday – Day 4
- Sunday – Recovery Day (go for a run or sprints)

This schedule will allow you the necessary time to recover from the training you’ll be doing so you can get optimal results.
Conclusion

Now you’re ready to start the program. It’s going to be tough. You’re going to have times where you want to quit, but keep pushing. Compete with yourself every workout. Time your workouts, see how long it takes you and try to cut that time down.

Work harder and work faster.

The only way to ensure your success is to…

START NOW!
# Day 1

<table>
<thead>
<tr>
<th>Circuits</th>
<th>Sets</th>
<th>Exercise</th>
<th>Reps</th>
<th>Rest</th>
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<tbody>
<tr>
<td>Circuit #1</td>
<td>3 Rounds</td>
<td>A1. Inverted Row</td>
<td>15+</td>
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<td></td>
<td></td>
<td>A2. Push-ups</td>
<td>20</td>
<td>60 sec</td>
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<tr>
<td>Circuit #2</td>
<td>3 #2</td>
<td>B1. Split squat</td>
<td>15 each</td>
<td></td>
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<td></td>
<td></td>
<td>B2. Chin-ups Step-up</td>
<td>15 each</td>
<td>45 sec</td>
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<tr>
<td></td>
<td></td>
<td>B3. Step-up jumps</td>
<td>15 each</td>
<td>45 sec</td>
</tr>
<tr>
<td>Calisthenics</td>
<td>3 #3</td>
<td>C1. Knuckle Push-ups</td>
<td>30 sec</td>
<td></td>
</tr>
<tr>
<td>Round 1</td>
<td>Upper</td>
<td>C2. Floor Licks</td>
<td>30 sec</td>
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<td></td>
<td></td>
<td>C3. Walk-Outs</td>
<td>30 sec</td>
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<tr>
<td>Round 2</td>
<td>Lower</td>
<td>C4. Knee Push-ups</td>
<td>30 sec</td>
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<td></td>
<td></td>
<td>C1. Lunges</td>
<td>30 sec</td>
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<tr>
<td>Round 3</td>
<td>Abs</td>
<td>C2. Squats</td>
<td>30 sec</td>
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<td></td>
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<td>C3. Tuck Jumps</td>
<td>30 sec</td>
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<td></td>
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<td>C4. Frog Jumps</td>
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<td></td>
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<td>C1. Crunches</td>
<td>30 sec</td>
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<td></td>
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<td>C2. Changing Levels</td>
<td>30 sec</td>
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<td></td>
<td></td>
<td>C3. Bicycle</td>
<td>30 sec</td>
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<td></td>
<td></td>
<td>C4. Mountain Climbers</td>
<td>30 sec</td>
<td>60 sec</td>
</tr>
</tbody>
</table>
# Day 2

### #1 Circuit #1
- **3 Rounds**
  - A2. Inverted Row 15 or failure 60 sec

### #2 Circuit #2
- B1. Dips 15
- B2. Frog Jumps 15
- B3. Tuck Jumps 10 45 sec

### #3 Calisthenics
- **Round 1**
  - C1. Knuckle Push-ups 30 sec
  - C2. Floor Licks 30 sec
  - C3. Walk-Outs 30 sec
  - C4. Knee Push-ups 30 sec 60 sec
- **Round 2**
  - C1. Lunges 30 sec
  - C2. Squats 30 sec
  - C3. Tuck Jumps 30 sec
  - C4. Frog Jumps 30 sec 60 sec
- **Round 3**
  - C1. Crunches 30 sec
  - C2. Changing Levels 30 sec
  - C3. Bicycle 30 sec
  - C4. Mountain Climbers 30 sec 60 sec
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<td><strong>#1</strong></td>
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<tr>
<td><strong>Rounds</strong></td>
<td>A1. Box Jumps 15</td>
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<td><strong>3</strong></td>
<td><strong>#2</strong></td>
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<tr>
<td><strong>Rounds</strong></td>
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<td></td>
<td>B3. Lunge Jumps 10 each leg 45 sec</td>
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<td><strong>3</strong></td>
<td><strong>#3</strong></td>
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<td><strong>Calisthenics</strong></td>
<td>C1. Knuckle Push-ups 30 sec</td>
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<td><strong>Round 3</strong></td>
<td>Abs</td>
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<td></td>
<td>C2. Levels 30 sec</td>
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<td>C4. Climbers 30 sec  60 sec</td>
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# Day 4

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<tr>
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<tr>
<td>B2.</td>
<td>Inverted Row</td>
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<tr>
<td>B3.</td>
<td>Step-up Jumps</td>
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<td>C3. Bicycle</td>
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What’s Next?

If building your ideal body is something you’re serious, check out this guide to naturally increasing testosterone in men. It’s the first step to your ideal body, don’t miss it!

Click Here

Enjoy!

Chad Howse
The REAL THOR WORKOUT

How to Gain Ripped, Powerful Muscle FAST... The Manly Way.
The *Real* Thor Workout

By Chad Howse

When I first started training I had my fair share of struggles. No matter why I tried I couldn’t put on an ounce of lean muscle mass. So needless to say it was pretty damn frustrating.

That being said, when I eventually stumbled across the system that helped me gain 32 pounds of lean muscle in 32 weeks, it became very clear that it’s a lot easier than I thought to undergo such a transformation. I wish I knew then what I know now. I would’ve spent less time in the gym, ate more foods that I liked, and enjoyed life a hell of lot more.

Instead of spending hours in the gym *burning* muscle, I could have been spending more *quality* hours training, and *building* muscle.

Building ripped, powerful muscle isn’t about deprivation like most ‘fitness guru’s’ would have you think. That’s what this workout is going to show you.

In the following pages I’ll give you a free 3-week workout, with rep variations built in so you’re going to be attacking your muscles in new ways on a weekly basis.

So, let’s get started. Good luck!
Eating Like a Man

You don’t have to eat like your wife or girlfriend when you’re trying to change your physique.

Here’s a quick rule of thumb for both fat loss and lean mass gains:

1. Fat and Protein aren’t the enemy.

2. Foods that are high on the Glycemic Index are the enemy, and are only welcome when centered around a workout.

You can still have your eggs, your bacon (in moderation), steak, and so forth, and gain lean muscle. You can still enjoy a few pints here and there as well. It’s actually not the end of the world if you have a bit of alcohol, or if you eat red meat.

Moderation is key. It’s when bacon becomes your meal choice 4 times a day that we run into problems. Or instead of having a couple beers you have 7.

Alcohol increases estrogen levels. When consumed in moderation it’s so small that it’s not even worth mentioning. It’s when you get into that 8,9, 10-drink range that alcohol actually has a negative effect hormonally, but also with dehydration.
Gycemic Index

The glycemic index ranks foods that contain carbohydrates from 0-100 on how they affect blood sugar. Visit glycemicindex.com for more info.

The notion that consuming fats will increase your body fat and risk of heart disease has been ‘common knowledge’ for years now. And yet we’re still fat. New research is coming out that shows that simple sugars and carbohydrates actually have more of an impact on our waistline and our hearts than saturated and monounsaturated fats do.

This is the theory that I have followed with this brief meal guide. I’ll give you an example of each meal, and snack you can be eating on a daily basis.

Notice that I actually do add in simple sugars during and after a workout. This spikes our insulin levels (an absorption hormone), sending the protein and carbs to the right places when our blood flow is extra concentrated due to having just trained. In essence, it gives our bodies something to burn besides muscle during a workout, and gives our bodies the nutrients it needs after a workout to start the recovery process.

Other than the meals surrounding our workouts, I keep the foods low on the glycemic index.

In short, fat loss isn’t about counting calories – necessarily – but rather about counting the kind of calories. If you’re building lean muscle mass, just eat a crap load of the foods on this list. Don’t worry about over-eating or calorie counting. Your waistline will be fine (the workout’s are TOUGH).
Meal Guide for the REAL Thor Workout

Breakfast

4-6 eggs + steel cut oatmeal and whole milk.

A big, nutritious breakfast fit for a king. Remember, you want calories if you’re going to put on lean muscle mass. Choose slow carbs like oatmeal over bread. Use the whole egg – none of this eggs whites nonsense – the yolk is where all of the nutrients are. Organic whole milk if you can.

Snack 1

Handful of almonds, cottage cheese.

Monounsaturated fats boost our metabolism. They actually help us burn fat, while protein – found in both cottage cheese and almonds – help repair the muscle tissue that we break down during exercise.

Don’t be afraid of fats when gaining lean muscle mass. Also, ensure that you’re consuming ample amounts of protein.

Lunch

2 Chicken Breasts (of just have a chicken), with a crap load of vegetables and your choice of brown rice or whole wheat pasta.

We need nutrients and vitamins if we’re going to recover fully and correctly, but also if we’re going to live long and stay healthy – so eat your veggies!

Snack 2

Handful of almonds, some fruit.

I like blueberries. They’re very high in antioxidants.

Dinner
*Steak + yams + an abundance of vegetables + a couple pints (pints only a few times a week) = a happy camper.*

Yams are low on the glycemic index. Meaning they aren’t high in sugars and starches that are going to contribute to the ol’ waistline. Again with veggies, and since we’re men here, a couple pints a few times a week aren’t going to kill you.

Life should be enjoyable. And beer is enjoyable. I like a good Kilkenny, or India Pale Ale.

Since this is the *REAL* Thor workout, and he was a Viking-like character. Let’s mix up the kinds of steaks we’re having. Try the moose steaks, buffalo steaks, salmon steaks, beef steaks, caribou steaks or whatever meat or foul you’d like to grill on the barbeque.

**Snack 3**

A shake - or - Greek yogurt + 3 brazil nuts.

I get hungry before bed. If you don’t, then don’t eat. If you do, have something that’s high in fats and protein. Fats before bed raise testosterone levels. Protein is the toughest of the fuel sources to break down, thus boosting your metabolism. So you’re not going to have a lot of excess calories stored around the waistline.

**Workout Meals**

**During/After**

Protein Powder + Gatorade or Carb Mix.

**1-2 Hours After Workout**

French Toast: 3 Slices whole wheat bread + 12 egg whites + cinnamon + all natural maple syrup.

With our insulin levels spiked, we want to pump our bodies full of *lean* protein and quality carbs. And French toast tastes awesome.
The workout

We want improved strength, speed and athleticism, and being a warrior, so does Thor. We want abs, broad shoulders and an awesome-looking physique, and really, what guy doesn’t?

Our training will be about building an awesome body in every sense of the word. Here are a few things to keep in mind:

1. **Focus on compound exercises first, isolation exercises second.**

   *Especially* when you’re first training, you want to focus on the exercises that will ignite the most muscle fibers. Compound exercises – exercises that work more than one muscle group at a time – do just that.

   Instead of using the pec-deck, use the bench press. Instead of doing curls, do chin-ups, and so forth.

2. **Add weight each week.**

   For one, you’re trying to get stronger. In order to do that you have to progressively overload. You can’t just lift the same weight week after week and expect to a. build muscle and b. get stronger.

   Add weight each week, no matter how small that weight might be.

3. **Train 4-days a week (1 optional isolation/abs day).**

   You *need* to recover as much as you need to train. Without proper recovery, you’re not going to see the gains you want. Without the proper training, you won’t see the gains you want either.

4. **Work HARD!**

   Do whatever you have to do to get a kick-ass workout in. I like listening to music that pumps me up on the way to the gym and during my workout. If coffee gets you going then have a cup before you train – it actually promotes fat loss.
Whatever you do, treat each rep like it’s an individual. Make it the best rep possible, then move onto the next one.

**Training**

We’re starting with a heavy exercise that will focus on power, we’re then moving on to challenge workouts. These aren’t your normal challenge workouts though. We’re not focusing on time, rather, we’re focusing on failure with minimal rest periods.

Go through the list of exercises and choose your weight wisely. You want to be failing *at least* 3x within each set. Take 15-20 seconds rest, then continue. You want to be keeping this pump and burning in your muscles throughout the workout.

We’ll be doing an upper/lower split that will alternate between pushing and pulling exercises in an effort to let the fatigued muscle-group recover slightly.

**Goal reps**

Choose a weight that will get you to fail at least 3x within each set. A lot of the time you’ll hit 15 reps, rest, then hit 10, then barely hit 5. You want to be lifting to FAILURE within good form for each exercise as well.
Monday - Upper Body

Power Exercise: Yates Row 5x5 repetitions (120 sec rest)

Challenge Workout
30 repetitions each exercise (minimal rest periods)

1. Declined Bench Press
2. Chin-ups (or lat pulldown)
3. Inclined Bench Press
4. Upright Row
5. Military Press
6. Bent-over Lateral Raise
7. Barbell Curls
8. Dips

Abs: 4 sets of 10-15 reps each exercise
1. Cable Crunch
2. Decline Weighted Sit-up
Tuesday - Lower Body

Power Exercise: Deadlift 5x5 reps (120 rest)

Challenge Workout
(30 reps each exercise)

1. 1 Legged Leg Press
2. Hamstring Curls
3. Bulgarian Split Squat
4. Seated Calf Raise
5. Weighted Calf Raise
   6. Box Jumps
   7. Frog Jumps

Abs: 4 sets of 10-15 reps each exercise
1. Hanging Leg Raise
2. Abs Roll-outs

Wednesday – Recovery Day
Thursday - Upper Body

**Power Exercise**: Bench Press 5x5 repetitions (120 sec rest)

**Challenge Workout**
*30 repetitions each exercise (minimal rest periods)*

1. Seated Cable Row
2. Inclined Dumbbell Bench Press
3. Close Grip Lat Pulldown
4. Lateral Raises
5. Bent-Over Lateral Raise
6. Hammer Curls
7. Skull Crushers

Abs: 4 sets of 10-15 reps each exercise
1. Cable Crunch
2. Decline Weighted Sit-up

Friday – Recovery Day
Saturday - Lower Body

**Power Exercise:** Squat 5x5 reps (120 rest)

**Challenge Workout** - *(30 reps each exercise)*

1. Straight-Leg Deadlift
2. Hamstring Curls
3. Front Squat
4. Seated Calf Raise
5. Weighted Calf Raise
6. Box Jumps
7. Frog Jumps

Abs: 4 sets of 10-15 reps each exercise
1. Hanging Leg Raise
2. Abs Roll-outs

Sunday – Recovery Day
CHAD HOWSE Presents

TESTOSTERONE CHEAT SHEET
Chad Howse Presents…

The Testosterone Cheat Sheet: Why You Need More Testosterone in Your Life!

So here I stand…

…half way up a volcano in Maui. The lush greenery is like nothing I’ve ever seen – which is saying a lot coming from Vancouver. It’s cold and its wet. Goosebumps cover my skin like spots on a cheetah. But the smile on my face has never been wider.

Due to some wonderful ingenuity, and a fair amount of free time, the owner of the property – the one on the side of the mountain that I’m standing on – has dug a trench down the mountain that winds like a snake as it slithers. He then lined it with a thick, slippery plastic material, and has created one of the coolest water slides I’ve ever seen.

Here I am, about to go on my 4th or 5th run, each time going faster and faster, and I make a decision; “no holding back this time”, I say to myself… Or maybe I yell it out loud as I pound my chest like a silverback Gorilla… who knows, I can’t remember.

I’m there with a group of 10 or so people. All of whom have done numerous runs down the side of this mountain. Some face first.
Others on their back. Others going in groups. All of which is being photographed.

I’ve had some close calls with one of the turns on my previous runs. But this time I decide to let nothing but my heels and my shoulders touch the surface of the waterside. I *also* decide not to slow down no matter what happens – big mistake.

I obviously take a running start, slide right on to my back, elevate my hips so my heels and shoulders are the only things touching the surface, and *I’m off!*

Holy shit I’m going fast. Turn one was a little iffy, turn two was a close call, and then comes the final turn, the last turn before the small circular pool at the end of the water slide; a pool that’s surrounded by lava rock, which might have sounded like a great idea when they built it, but it’s not the nicest thing to slide across bare chested.

Approaching the final turn going full speed with the pact I made to myself not to slow down fresh in my mind, and I fly over it. I launch over the 2 foot rise (no guard), slide down the grass, twisting and turning as I propel down the 20 feet between me and the small, circular pool.

I then meet the lava rock. By now I’m no longer on my shoulders and heels. I’m not on me arse, coming full circle, sliding face first into those pesky little rocks that act as a guard around this little pool against people who go too fast, slide off the edge, sliding to their own unbeaten path.
The result: my stomach looked like a raspberry.

It looked like I was skinned. Bleeding profusely, I walked back up to the top off the hill, everyone else half in shock that this happened, half laughing because of the sight of me launching from that edge, and half (yes, 3 halves) concerned about the blood starting to drip from my chest, stomach, and knees.

**Luckily, I was eating in a way that brought my testosterone levels to all-time highs.**

During this trip, I was paying special attention to my diet. I was using the tricks you'll discover in this report, and avoiding many of the pitfalls that keep most of our testosterone levels below optimal levels.
What ended up happening was an incredible look into the *true* power of testosterone.

Let’s get that image of a raspberry back into our head’s. I was bloody. I had exposed skin and little cuts all over my chest, and I thought I’d be taking the plane back to Vancouver with bandages on my chest, and band-aids on my knees and elbows…

But this wasn’t so…

**Due to my elevated levels of testosterone (testosterone aids in tissue repair) I began to heal immediately.** After my first night’s sleep, the scabbing not only started, but had already began to heal. By day two the scabs were shrinking even more, and by day 3 I was better. I had some scarring, but the scabs were gone. To say the least, I was shocked.

Another thing I noticed on this trip, that brought more attention to the elevated testosterone levels, was the attention I was getting from my girlfriend at the time. Not that I wouldn’t get attention on a regular basis, but she was a lot more hands on than usual.

She even mentioned this fact to me, a fact that I would’ve brushed off as me being a little more awesome than usual, had I not witnessed the cuts healing, and one other thing: the wandering eyes. Every time we’d hit the pool, or head out for a meal, I’d get triple the looks from ladies that would normally occur.

I didn’t notice it at first, but she did. Then I began to notice it. *Then* I put the pieces of the puzzle together – yay Chad!

**Not only do raised testosterone levels result in greater tissue repair (how fast my skin healed, and how much faster our**
muscles recover with higher test levels), but it also results in pheromones being released that attract women to men with no real explanation as to why they’re feeling this strong attraction.

Especially if these women are ‘ready for love’, i.e. ovulating – which we’ll not get in to because I have no knowledge on the topic of women and how they work. They, my friends, are very much a mystery.

Nevertheless, higher testosterone levels help us lose fat, build muscle, heal faster, and attract women.

Muscle = Confidence.
Fat Loss = Confidence.
Attracting women = Confidence

Testosterone is a powerful hormone, one that we don’t need to abuse. Steroids result in a long term inability to produce this awesome ‘man hormone’. But the strategies I’m going to give you in each of the following pages will help you raise them naturally, and keep them raised for a lifetime.

If you’re an older fellow, you’re probably experiencing a lack of testosterone production. Actually, newer evidence is showing “low T” being experienced by young men in their early twenties!

Note: a large contributor to low T is an increasingly sedentary lifestyle. So get active, and make sure you pick up the Man Workout.
How to NATURALLY Enhance Testosterone

Testosterone has been the focus, or scapegoat, for all things wrong with men. It’s been turned into our enemy. The media, in movies, TV shows, and in magazines, portrays it as a rage-inducing hormone that makes men wild, and untamed.

I rather like being wild and untamed and un-domesticated, but that’s for another discussion. For now, let’s look at testosterone as it is, not as how it’s portrayed.

The hormone that makes men, men. A hormone that helps us grow stronger, have more energy, and yes, have better sex. But testosterone does far more than merely helping us build muscle and burn fat and bed babes.

Dr. Christina Wang of the University of California at Los Angeles, in studying the effects of testosterone treatment on men with testosterone deficiency, found that men expressed feelings of edginess, anger, irritability, and aggression prior to treatment. After treatment, their anger and agitation decreased, their sense of optimism and friendliness heightened.
Testosterone is not only *not* the rage-inducing hormone that it was (and is) believed to be, it’s also vital to the *mental* health of a man. It’ll help you gain confidence by improving your body composition, but it’ll also help you ward off depression.

**Yes, high natural levels of testosterone help prevent depression.**

Having healthy *natural* T levels has been shown to increase energy levels, reduce the risk of cancer and type 2 diabetes, not to mention the fact that T helps repair muscle tissue, and contributes to fat loss.

In this report you’ll learn why men across the world, possibly including yourself, are experiencing lower T levels than ever before, and how this is effecting your everyday life, including your ability to build muscle, burn fat, and avoid cancer.

You’ll discover how the medical community is dealing with this problem by giving men an expensive, and *temporary* solution, and how you can get your body producing *more* testosterone with natural, healthy changes to your diet and your environment.
First, How Your Body Produces Testosterone

To understand how you can naturally raise your testosterone levels, you first have to understand how your body produces it.

Testosterone is produced by the body, primarily in the testes, and is derived from cholesterol, which is given to you from fat. Most testosterone is supplied to the tissues of the body - including muscle - through your blood, with most of it being bound to a plasma protein called sex hormone binding globulin, or SHBG.

A study published by the Journal of Clinical Endocrinology & Metabolism, studied the effect of dietary lipid consumption (animal fats) on levels of sex-hormone binding globulin (SHBG), free testosterone, and cholesterol in men.

In short, they looked at how eating more dietary fats can influence levels of SHBG, free testosterone (I’ll tell you about this in a bit), and cholesterol.

After consuming a diet with a high fat content (greater than 100 g fat/day) for two weeks, the mean plasma cholesterol level increased (p less than 0.02) while the mean SHBG level decreased (p less than 0.02).
Why are these stats important?

About 2/3 of your body’s testosterone is bound to SHBG, and not “free”. Many in the scientific community believe that “free” testosterone is the only form of the hormone that counts, as it’s the only form of T that is actually ready to work on your tissue.

Free T is the testosterone that will help you recover from a workout, helping you build more muscle, and burn more fat.

The study above found that by consuming more saturated and monounsaturated fats - animal fats - the subjects levels of T that was bound to a protein, lowered, “freeing” up the remainder of the testosterone in the body to work on repairing the tissues of the body (muscle included, of course).

... This is very important, as you’ll learn later on in the report.
How the Fitness Industry Has Lowered Your Testosterone Levels

The fitness industry goes in ebbs and flows. The popular diet of today may not be so popular tomorrow.

For *years* now the fitness industry, the health and nutrition industries, even your doctor, have all been feeding you information that has led to a mass lowering of testosterone levels in men, worldwide (along with environmental factors we’ll discuss next chapter).

When the common method to burn fat became to *not eat fat* in the 70’s, a method that has continued to the present day, all those concerned with fat loss flocked to the slow carbs section of the supermarket, and stopped buying fatty fishes, red meats, and anything containing saturated fats.

Science has, for the most part, continually held the notion that *fast* carbohydrates like sugars, and man made fats like trans fats, contribute to body fat, and that a diet consisting primarily of saturated and monounsaturated fats, with low fast, high glycemic carbohydrates actually keeps your body fat *low*, not high.

The fitness industry and it’s fad diets, thought differently, and men haven’t been getting the building blocks of testosterone ever since.
A fad spikes sales. The truth doesn’t benefit an industry that preys on peoples emotions like fat loss nutrition can. The truth is a constant. It doesn’t change. To increase sales and to manufacture a movement you need something new and exciting. Thus, the fat loss industry constantly creates something new and exciting, whether it’s true or not, they’ll pump it.

Diet, however, isn’t the only thing that has contributed to the lowering of testosterone in the modern man. Environment may be playing and even bigger role.

I was in the midst of training for a fight that I first experienced low T. I’d been sparring 4 days a week, lifting 4 days a week, running 7, and was feeling the stress that can come from knowing you’re about to do battle with another well-trained combatant.

I began to feel lethargic, my energy levels in sparring just wasn’t there, nor was is during the day. I was feeling run down. The ‘soldier’ wasn’t standing at attention in the morning like it normally did.

... I was lost, confused. I figured I was just being a baby, but what was really going on, was that my cortisol levels were too high due to over training, a lack of sleep, and stress. I wasn’t consuming fats, rather focusing purely on lean proteins and carbs.

At the time I didn’t have a solution, nor did the doctor I saw. I’ll tell you how I could have turned things around a bit later...
Environmental Factors That Lower Testosterone Levels

While your body produces testosterone by converting cholesterol, there are still other factors that can lower testosterone levels.

Your Environment

Environmental factors have been one of the greatest contributors to low testosterone levels in men - easily as much so as the dietary factors already mentioned, most likely more.

The main culprit: plastics.

BPA is a chemical found in plastics and other products. Not only is it toxic for humans, but BPA is also estrogenic, meaning it mimics estrogen in the body and binds to estrogen hormone receptors. Exposure to BPA can be especially dangerous for infants.

BPA is used in most food containers, such as water bottles and
tupperware. It can also be used in plastic chairs, and other hard plastics.

The problem: chemical estrogens are nearly everywhere, because plastics are nearly everywhere.

What you can do: Avoid plastics as much as possible, whether that’s storing your food in plastic tupperware, or drinking from plastic cups. Get rid of them.

You should also take care of how you clean yourself, as there can be a high amount of chemical estrogen in your shampoo, soap, and deodorants.

Look for these chemicals: look for BDP, DEP, BzBP, DEHP, DMP. For deodorant, this typically means using a natural deodorant rather than an antiperspirant.

The goal of this report isn’t to freak you out, but to make you aware of the factors in your life that are leading you to have low T levels. Another one of these factors is heat.

The constant wearing of tight underwear and boxers also contributes to low T in men, as your testicles need to be cooled to produce T and sperm. A solution is to wear loose boxers. Having a cold shower upon rising and again before bed has also been shown to naturally raise testosterone levels in men - something we’ll cover in more detail soon.

Other Dietary T Inhibitors
Foods that are estrogenic.

**Soy**

Soy naturally raises estrogen levels in men and women. The problem with soy, is that it’s in almost everything – from cereals, to sauces, to supplements, soy is an ingredient that you most likely consume all the time.

Get in the habit of reading food labels. If you see “soy” in the ingredients, avoid it. If it says it “may be package in environments containing soy and other nuts”, don’t worry about it, it’s fine to consume. As you become aware of which foods contain soy, you’ll no longer have to continually read food labels.

**Alcohol**

Alcohol is estrogenic, especially beer. I’m not one to cut alcohol out of my life, so I don’t expect you to either. Instead, I in moderation.

Red wine is one of the few sources of alcohol that’s actually good for you. Where you run into big trouble are those binge nights where 2 glasses of wine turns into shots, beers, and a wicked hang-over. Keep those nights minimal.

**Packaged Foods**

Eat foods that you can either kill, pick, or harvest, and always choose organic. Packed, frozen, and canned foods are riddled with chemicals that can raise estrogen levels. Exceptions are there, but are rare – oats, brown rice etc…

Stay away from the frozen isle in the grocery store, unless you’re buying frozen berries.
Meat isn’t what it used to be either...

The meat bought in supermarkets is far from what it used to be. Today, the cattle, turkey, chicken, and pork that is sold there is filled with chemicals that raise estrogen in men. I’ve long been on the fence with regards to grass fed, organic meat and poultry because of cost, but not any longer.

Buy grass-fed, organic meet. If you have access to it, buy wild game.

Keep your produce organic as well...

Pesticides are testicle-killers. Stay away from them. Organic produce is more expensive, but compensate by buying less. Eat less – 10-15% if you really need to – but at a higher quality. Organic oats, fruits, and vegetables should be the only option as they aren’t sprayed with the chemicals that most produce has on it.

There’s no need to become paranoid, but become educated about the things in your diet and in your environment that can lower your testosterone levels.

**Odds Are You Have Low T**

We’ve talked about the myths surrounding testosterone, and how society, the nutrition and fitness industries have contributed to the lowering of testosterone levels in men, but why is this such an issue?

It seems like a no-brainer that a man would like to have an abundance of the hormone that makes him *a man*, but what are the *real* benefits of high, natural T levels, and who needs to be worried if their T levels are low?
Doesn’t this only effect older men, or is this effecting both the young and the old?

Well...

T levels start to decrease by about 1% around the age of 30, and every year thereafter. As they decrease, a hormone called lipoprotein lipase (LPL) increases.

Raised LPL levels result in more fat being stored as body fat, with less being used for energy. Lower T levels result in more body fat being stored, and higher body fat results in lower levels of testosterone - it’s a double-edged sword.

As I mentioned earlier, sufficient testosterone levels have also been connected to a reduced risk of cancer and type 2 diabetes compared to men who are T-deficient.

Not only that, the problem of low testosterone levels isn’t something that’s relegated to men after the age of 30, it’s an epidemic that’s spreading across all generations and decades.

According to a study published by the Journal of Clinical Endocrinology and Metabolism, five percent of all men experience clinically low testosterone. It isn’t merely a problem for aging men, either. One study found that low testosterone was a factor in 20 percent of men younger than 30 with erectile problems!

Low T isn’t something that only men above 30 have to worry about, it’s something that every man needs to be cognizant of, and proactive in protecting.

If you’re worried that you have low T, see a doctor and get your T
levels checked.

If, however, they mention *Testosterone Replacement Therapy* (TRT), hold off, first try the natural solution I’ve provided for you towards the end of this report.

**Enemies of Testosterone**

Testosterone has two primary enemies:

**Cortisol and Estrogen.**

One of the ways you can measure T in the body, is in relation to cortisol levels in the body. Therefore, the greater the levels of cortisol, the lower the levels of T in the body.

Estrogen is a hormone that also opposes testosterone. Men with higher than normal estrogen levels, experience low testosterone levels. Estrogen levels rise with increased bodyfat %, and T levels lower. So it’s not only good for your heart to drop a few extra pounds of fat, but it’s also good for your T health.

I already mentioned dietary and environmental factors that raise estrogen levels in men, lowering testosterone levels. I’ll further discuss how to combat high estrogen levels as well as high cortisol levels later on in the report.
Cortisol opposes testosterone just like estrogen does. One method of measuring testosterone levels in men is to look at the testosterone to cortisol ratio. A body high in cortisol is lower in testosterone, thus we must lower levels to see elevations in T.

Cortisol is a stress hormone. The more stressed we are in our daily lives, the higher our cortisol levels are. This also creates a toxic environment of testosterone and fat loss or muscle gains.

How to Lower Cortisol Levels

One way to lower cortisol is to simply put things into perspective. One of the best books written on eliminating stress (more specifically worry) is Dale Carnegie’s classic, How to Stop Worrying and Start Living.

It’s a great book that not only helps you put things into perspective, but gives you tools to focus on what you should be focusing on, and enjoy life through all of its ups and downs, ebs and flows.

Sleep

Getting sufficient sleep has also been shown to lower cortisol levels. For myself, however, I prefer a 6-7 hour sleeping schedule that allows me to get more work done and spend more time on the things I love to do. For those of you that either have trouble sleeping, or don’t want to get the prescribed 8 hours a night, try these two tactics:

1. Set a firm sleeping schedule.
This, more than anything, has allowed me more energy during the day, and has dramatically improved my quality of sleep. Where I once slept in on the weekends, I now wake up at 5 am 7 days a week. Routine is the friend of focus. Having a strict work and sleep routine will allow you a greater capacity to focus, and result in more energy.

2. Nap.

If you don’t get your 8 hours at night, take naps. Short, 20-30 minute naps help release growth hormone (gh). GH helps reduce body fat and repair muscle tissue. Short naps also allow me to experience longer, more energetic days.

**Temporary Solution (TRT/Steroids)**

Oddly enough, the medical community isn’t helping this Low T Epidemic, instead opting for a temporary solution that, yes, makes them money.

TRT, or Testosterone Replacement Therapy, does nothing to help the body naturally produce T on it’s own, instead raising the body’s T levels from the outside with low dose steroids.
All that TRT does is provide the male body with an external source of T. As the body is flooded with this external source of T, it sees no need to produce T on its own. Thus, when you come out of TRT, your body is less adept to producing its own T levels.

TRT is expensive, unsustainable, and it does nothing to cure the problem at its source:

If you’re experiencing Low T, your testicles aren’t doing their job, your body is being flooded with external estrogens, your diet is destructive, and you’re not making it easy on your body to produce T.

T from an external source does nothing but provide a fake, external solution, to an internal problem.

**Long Term Solution: Diet (THE GOODS)**

To summarize what I’ve told you thus far...

Testosterone is produced in the testes, and it originates from cholesterol, which you get from dietary fats.

Low T is an epidemic effecting men all over the world. It shows itself in low sex drive, low energy, and even depression.
Causes of Low T include high cortisol levels, high estrogen levels, and a lack of dietary fats. Everything from your diet to your environment can effect your T levels.

TRT and steroids are a temporary external solution, that doesn't fix the internal problem of Low T.

So, what’s the long term solution?

First, I’ll tell you what I do to naturally raise my T levels, and keep them high by helping my body naturally produce more testosterone.

Here’s what my day looks like and how I structure it to produce high T levels.

**Important Note: T levels are highest from 4 - 6 am in the morning. This is important because we want to take advantage of this time with protocol’s done before bed and upon rising.**

My day starts with a cold showing in the morning. Cold showers have been shown to help the body produce higher T levels.

I then start my day with “testosterone protocol #1”. It includes:

- 3,000 IU Vitamin D3
- 15-50 mg zinc
- 3 fish oil pills
- 3 Brazil nuts + a handful of raw, organic almonds

My first meal is eggs with a meat source, both are high in omega-3 fatty acids, and saturated fats. I also have vegetables and assorted berries, both of which contain fiber, which has been shown to aid in the production of T.
My day will continue with a diet existing of high fats and proteins, and low glycemic carbohydrates.

3 times a week I’ll also include the following “testosterone-boosting shake”, that’s filled with omega-3 fatty acids, and saturated fats that help naturally raise your T levels.

- A glass of raw, organic whole milk (the pasteurization process can dilute the nutrients in milk, as well as add estrogenic hormones through the feed of the cattle. Having raw, organic milk ensures you’re receiving all of the fats and nutrients that milk should include).
- 1 tablespoon of chia seeds (extremely high in omega 3’s).
- 2 whole, raw eggs (buy organic, free range eggs. I have this shake 3 times weekly. Much of what’s made about salmonella is exaggerated, but if you’re worried about salmonella, lightly cook the eggs and eat them on the side).

At night I will repeat the process of protocol #1, having 2 whole eggs, with the same protocol (minus the zinc).

Now, why do I take D3, zinc, and omega-3 fatty acids?

**Vitamin D**

A study by researchers at the Medical University of Graz, Austria, showed that vitamin D raises “free” T levels in men. Start your day, have 3,000-5,000 IU. What D3 does is it unbinds the testosterone hormone, from the protein its bound to, allowing T to do what it’s meant to do: repair tissue and improve your sex drive.

As with all vitamins, quality is important with your D3, I highly recommend you use this D3 supplement:
**Athletic Greens D3**

**Zinc**

A study by researchers at the University of Tehran, Tehran, Iran found the same correlation with zinc. A nutrient that also promotes healthy sperm counts in men. The researchers found that zinc increases T levels in men through a different avenue: by blocking the production of estrogen through it’s limitation of aromatase, an enzyme involved in the creation of estrogen.

**Fats**

A study in the American Journal of Clinical Nutrition found that when comparing vegetarian Seventh-Day Adventists, to non-vegetarians, the vegetarians had significantly lower levels of testosterone in their system.

Another study published by the Journal of Andrology found that food containing 20% to 50% dietary fat produced testosterone levels at or above the upper range of adult men and testosterone levels trended higher as dietary fat content increased.

By limiting your fats, you’re limiting your body’s ability to produce testosterone. It’s important you bring them back into your diet through foods like eggs, meats, and supplements like omega-3 fatty acids and fish oil pills.

**Nuts**

Nuts are high in testosterone elevating omega-3 fatty acids. Have a
handful of almonds, walnuts, or Brazil nuts with your first meal of the day.

**Meat/Eggs**

Eggs are one of the best sources of nutrients and healthy fats that we can find. Eat the whole egg, not just the egg whites that your wife is trying to force-feed you. Add in ground beef (ideally grass fed), or accompany your eggs with salmon, to increase the amount of omega-3’s and healthy animal fats you’re receiving to start your day off on the right foot, and to ensure you’re producing T at healthy, high levels.

**Conclusion**

Much of what’s lowering your testosterone levels is under your control.

First, get your diet under control. If you’re consuming the right foods at the right time, you should not only lose fat, but enhance your testosterone levels. This, of course, can be tricky.

Learn how to eat to naturally enhance your testosterone levels here:

**How to Eat Like a Man**

If you’re eating effectively, and training effectively, you’re setting yourself up to perform as efficiently and as optimally as possible.
Studies:

Vitamin D:


Zinc Effect of zinc and selenium supplementation on serum testosterone and plasma lactate in cyclist after an exhaustive exercise bout. Shafiei Neek L, Gaeini AA, Choobineh S.

Diet

The purpose of each diet study is to back up the notion that fats – whether monounsaturated or saturated increase levels of testosterone in men.

Testosterone and cortisol in relationship to dietary nutrients and resistance exercise. Jeff S. Volek, William J. Kraemer, Jill A. Bush, Thomas Incledon, and Mark Boetes


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