
TESTOSTERONE WORKOUTS

*THE FULL ILLUSTRATED GUIDE TO INCREASING TESTOSTERONE WITH EXERCISE
ROUTINE FROM HOME OR AT THE GYM*

Disclaimer

This manual has been created solely for informational purposes and does not constitute medical advice. It is not intended to cure, treat or diagnose any health problem, disease or other medical condition. If such problems are evident you are advised to consult a doctor immediately.

Before you use and act upon any information in this guide, we recommend that you consult a doctor beforehand. Failure to adhere to the warnings in this guide could result in damage to the body. Please read the whole guide before acting on the advice,

The creator of this guide, nor any of its affiliates are to be held liable for any injury or other consequence you may experience as a result of acting upon the information contained in this guide.

Whilst we aim to provide the best reasoned advice we would advise that you consult a doctor before undertaking any of the exercise outlined within this book.

WARNING: Proceed with caution when performing the exercises in this book. Failure to do so could result in injury. You are advised to stop immediately if you feel straining, discomfort or pain.

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Introduction

Exercise is an important part of your recovery program to treat low libido and erectile dysfunction naturally and can help you to get results in far less time.

One of the main reasons that many men struggle without joy to find a solution to this undesirable condition is the lack of clear and reliable information on the subject.

The man in the street rarely knows much about what type of exercise is required in order to boost male hormones or to burn body fat fast.

In fact, many exercise programs that are recommended are actually unhelpful to male sexual health.

It is very important to respect the principles and follow the rules outlined in this illustrated guide in order to reach your objectives as fast as possible.

Begin your workout program today after having read this guide in full and understood it.

How To Make The Most Of This Guide

This program is designed for those men who prefer to work out from home as well as those who have access to a gym or equivalent facilities.

The principles are simple to apply and the exercises in general take less time when compared to those done by people who are less well informed who tend to spend long hours in the gym with little results to speak of.

The objectives of the physical activities listed in this program are very precise:

- Increase testosterone levels
- Reduce estrogen levels
- Eliminate toxins from the body
- Accelerate the metabolism
- Achieve peak physical condition in less time
- Burn unsightly body fat
- Firm up muscles
- Tone the entire body
- Increase general energy levels
- Improve self-confidence

The Golden Rules

Rule 1 : Training Duration

All training sessions should last a maximum of 60 minutes, including the warm up, warm down and stretching.

The ideal intense training session would last for 40 minutes with 5-10 minutes at the start and at the end of the exercises for stretching and deep breathing.

Rule 2 : Take Care Of Your Physical Condition

If you are obese, suffer from a medical condition such as diabetes, heart disease or hypertension, then consult your doctor before performing any intense exercise routines for advice.

Rule 3 : Intense Training 3 Times A Week

Your body needs to rest and recover after training. Taking a rest day between workouts is the ideal way to do this.

Get into the habit of training on Monday, Wednesday and Friday or Tuesday, Thursday and Saturday for examples,

Rule 4 : Eat After Exercising

By exercising on an empty stomach, your body should burn more fat reserves. If you tend to feel queasy on an empty stomach, then eat a banana at least 30 minutes beforehand. It is important to eat a protein-rich meal after exercise as this will help your body to recover faster.

Rule 5 : Stay Hydrated

Remember to always drink enough water before, after and during intense physical activity. Taking water with you is more practical.

Rule 6 : Remain Active On Rest Days

On your rest days, go out to walk or on a bike ride preferably during the daytime. Walk instead of taking transportation, walk up the stairs instead of taking the elevator and stand up to stretch regularly if you work at a desk. Make sure you remain as physically active as possible.

Rule 7 : Vary Your Training Routines

After 6 weeks of training, you should change your workout routine. Your body will become used to the same exercises after this time. By changing your routine, you should improve your results.

Rule 8 : Pay Attention To Your Diet

Take care to respect the dietary guidelines given to you in the Male Libido Booster guide. Allow yourself some glucids (carbohydrates) in small quantities. Sautéed potatoes, brown rice and bananas for examples, on the day before a morning workout are fine.

Exercises Illustrated

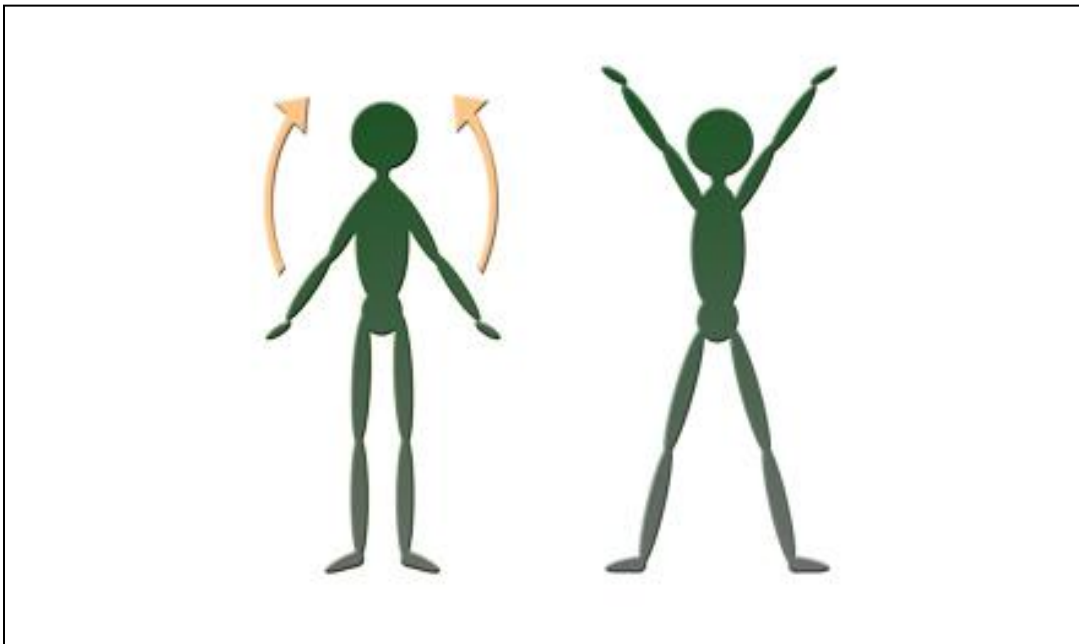
To help you understand how to exercise from home or in the gym in order to boost your testosterone for increased energy, sex drive and confidence, most of the exercises are illustrated.

Below this illustrated guide 4 different workout plans for boosting your testosterone fast are listed.

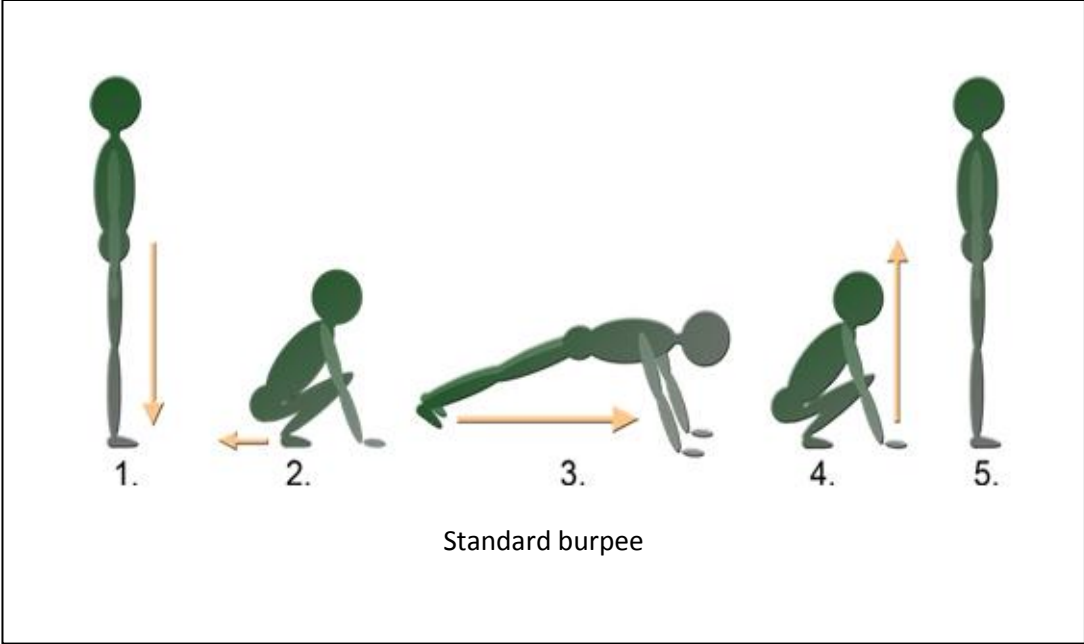
2 of the workout plans listed can be started from home and the other 2 can be done from the gym or even using free weights from home.

For every exercise that is not illustrated, the descriptions are also included in this guide.

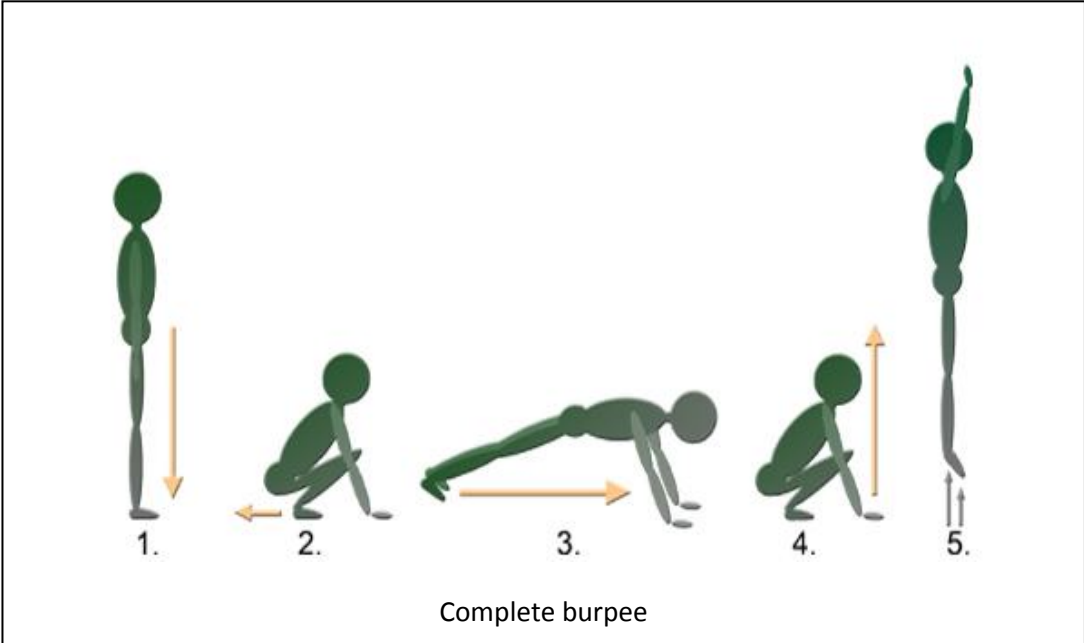
Circuit



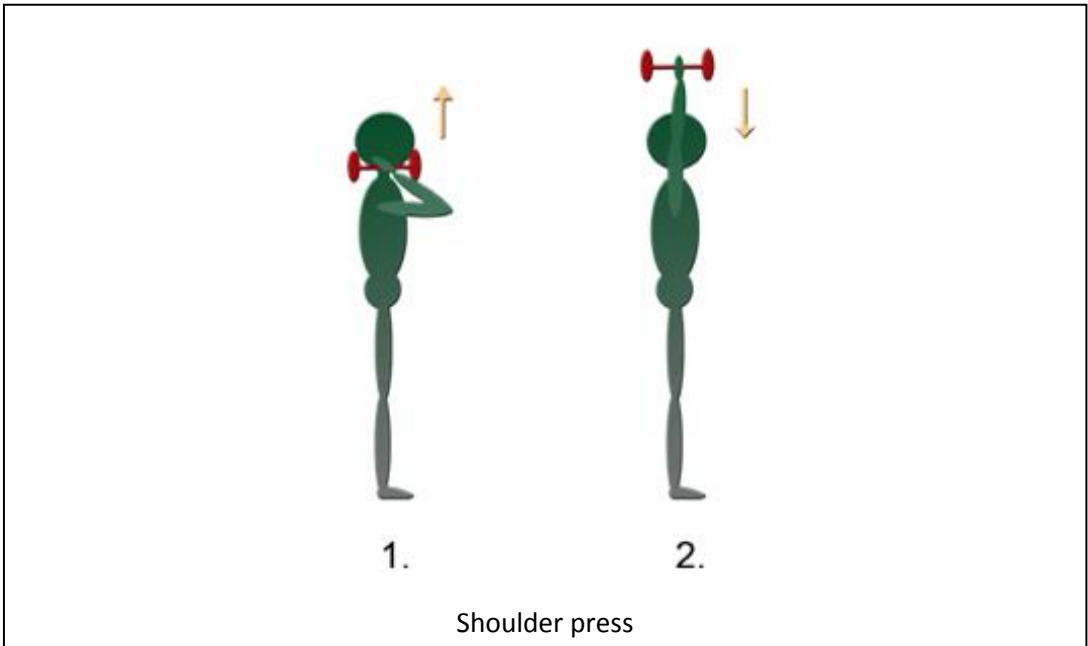
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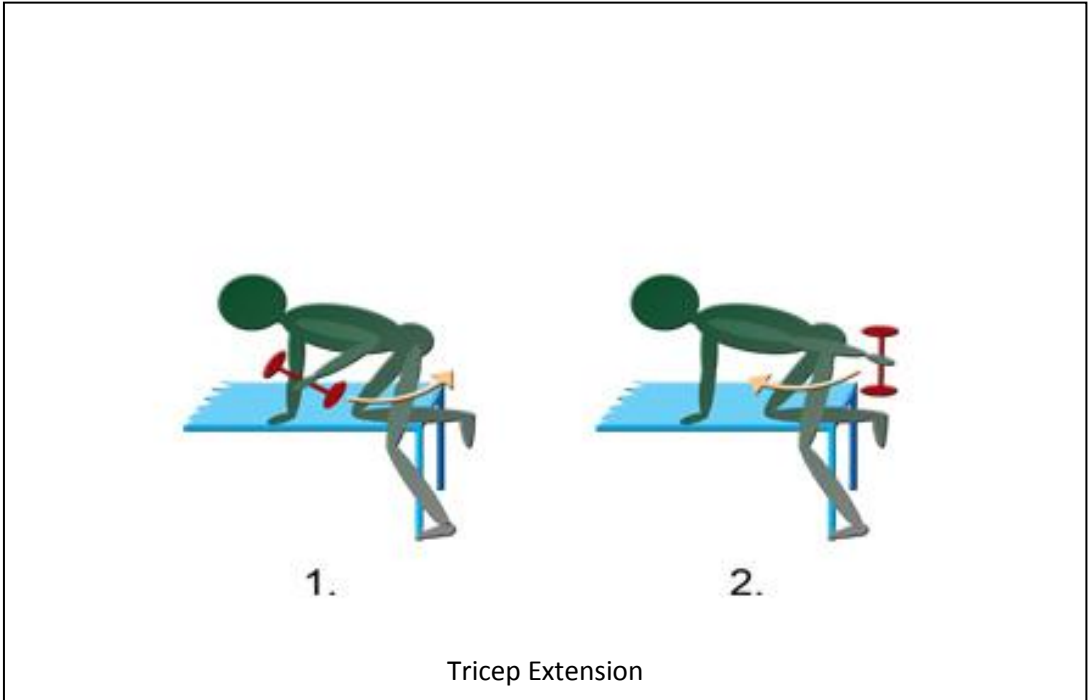
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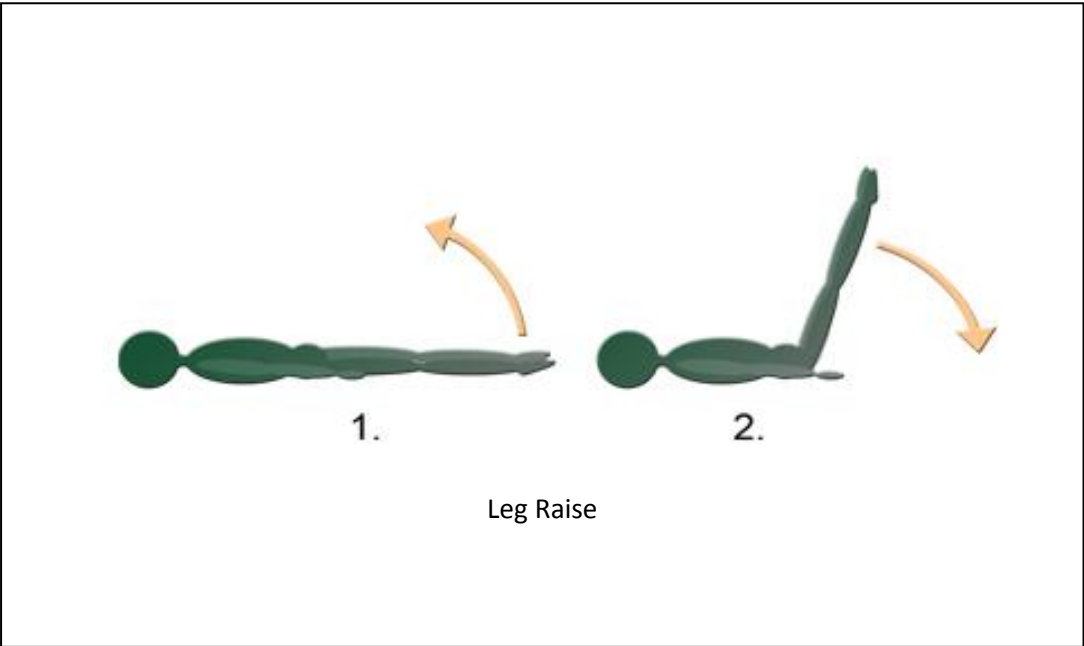
Muscle-building: Shoulder & Triceps



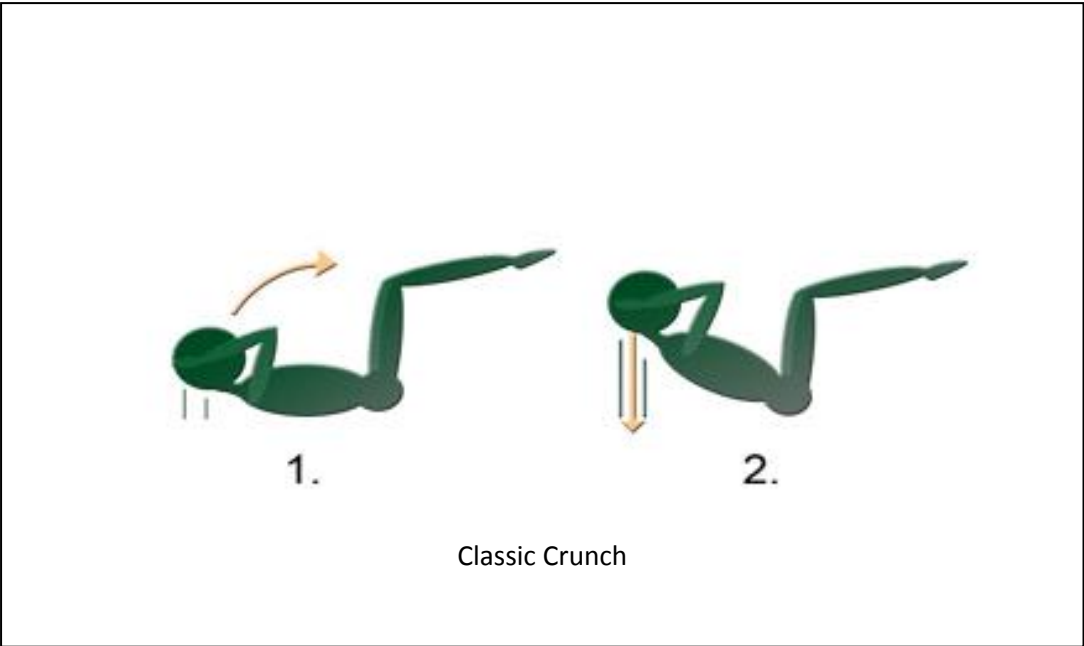
Muscle-building: Triceps



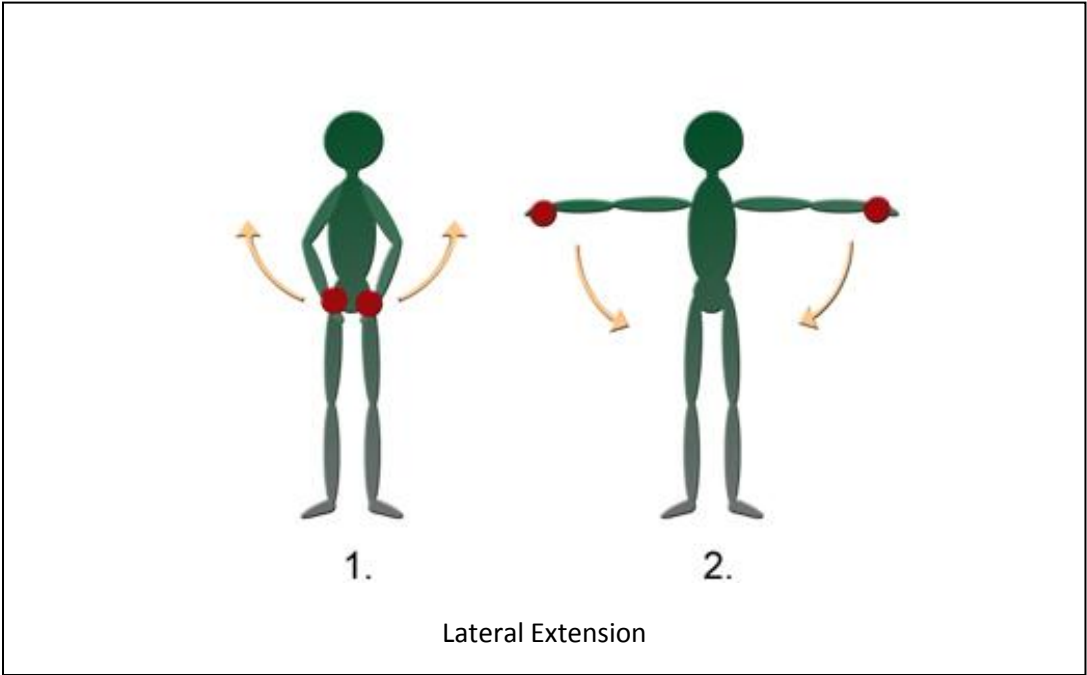
Lower Abdominals



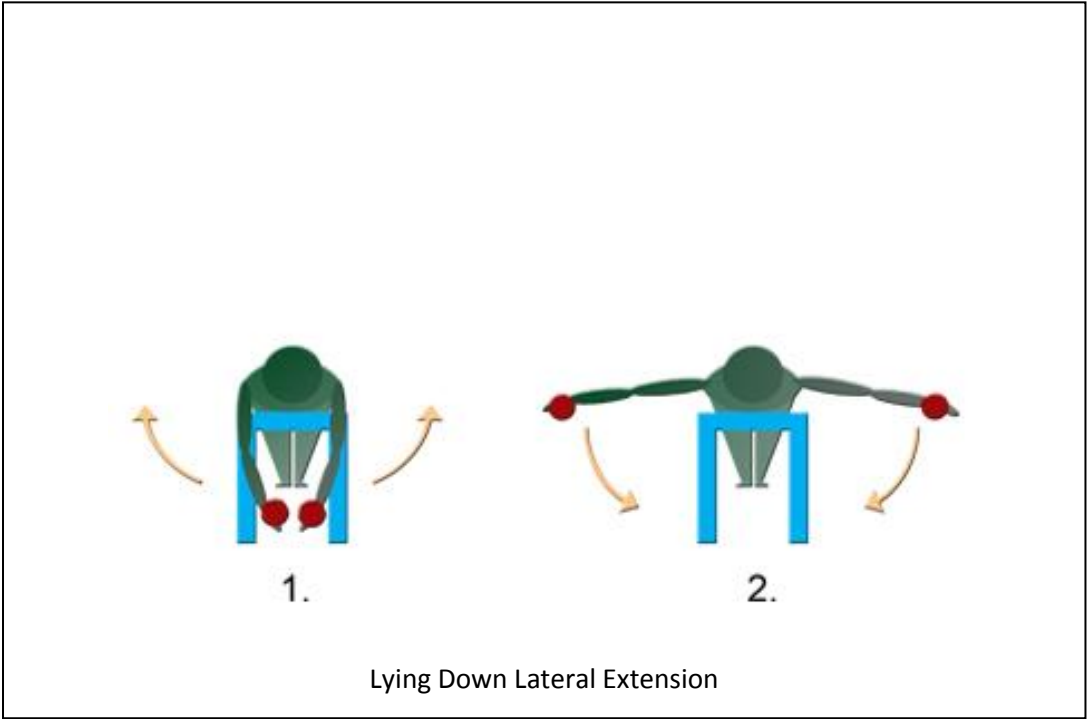
Abdominals : Upper & Sides



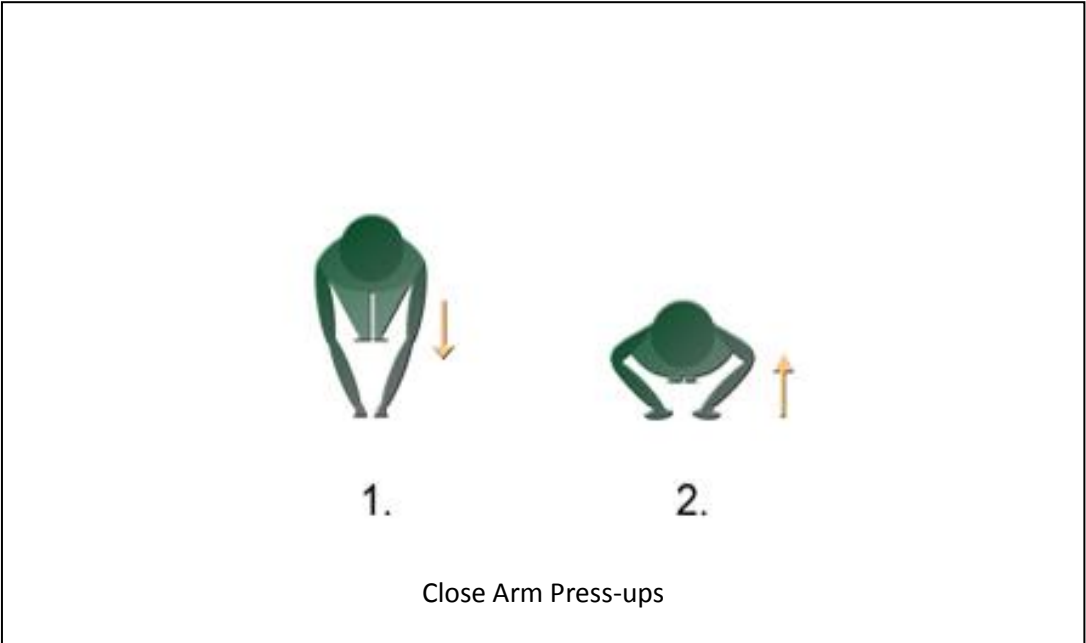
Muscle-building: Shoulders



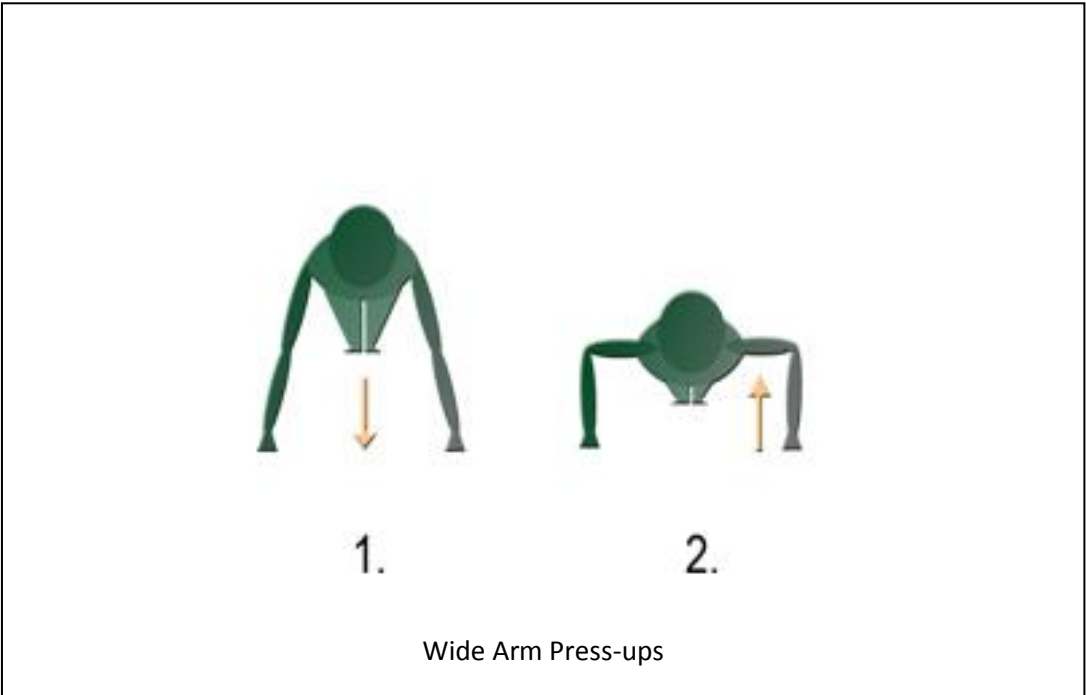
Muscle-building: Shoulders & Back



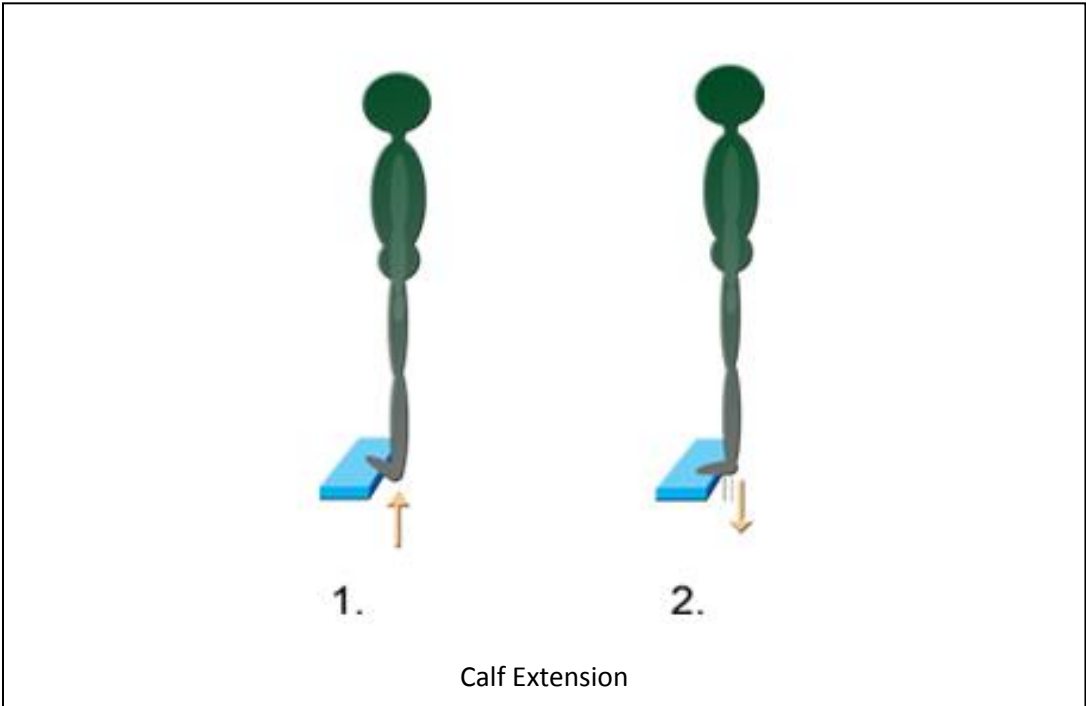
Chest



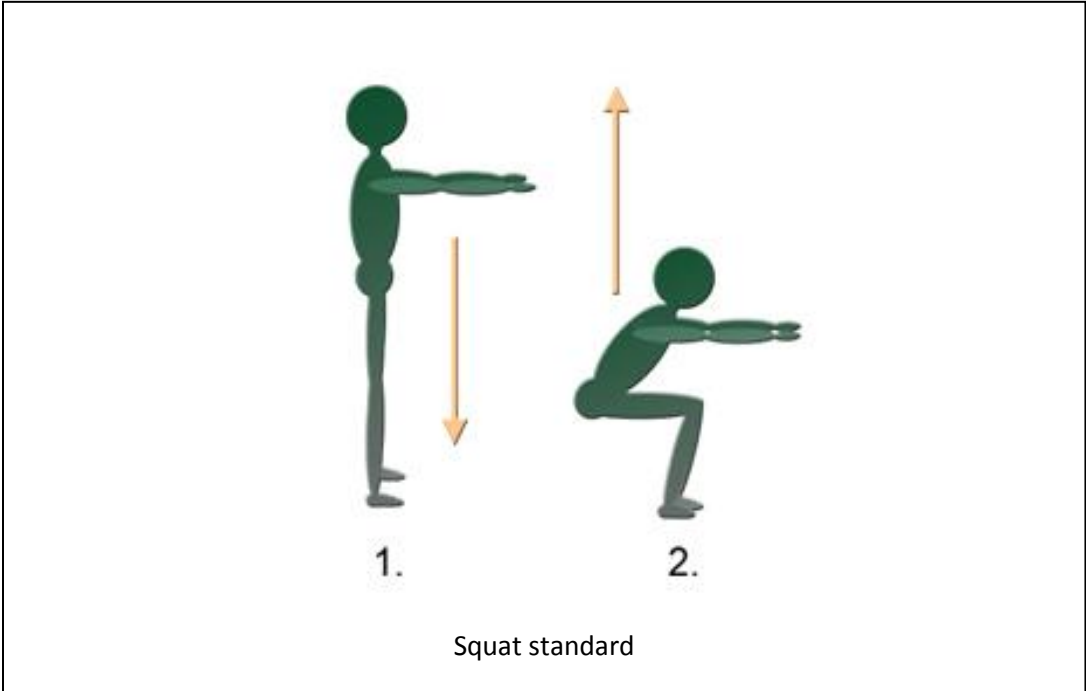
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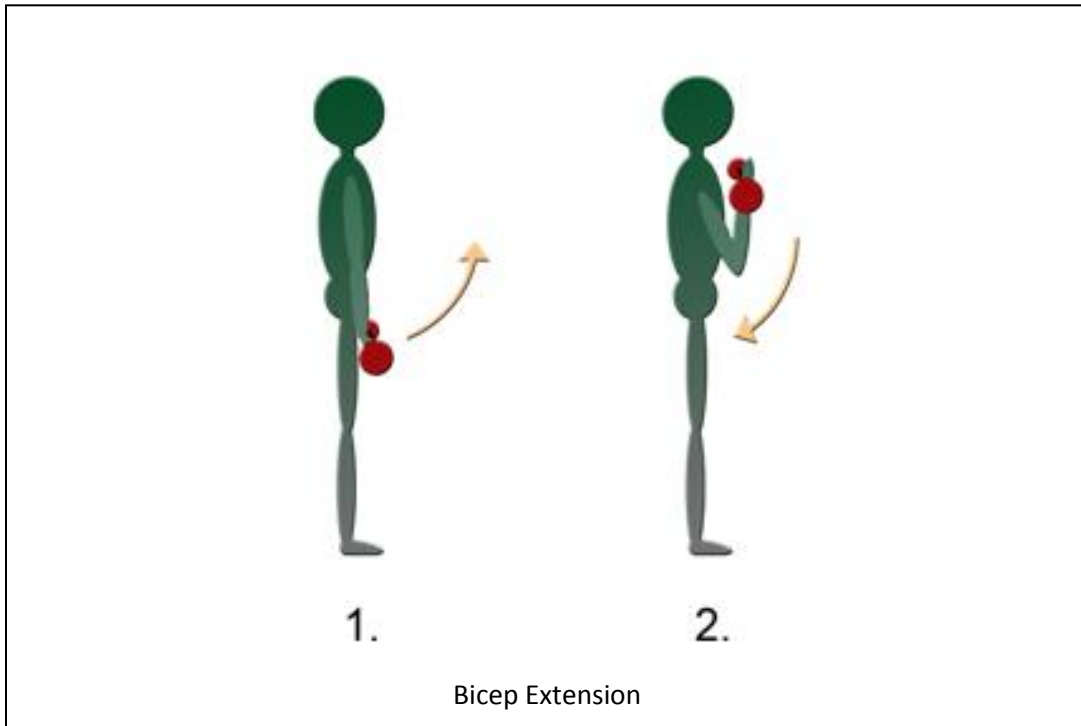
Muscle-building: Calves



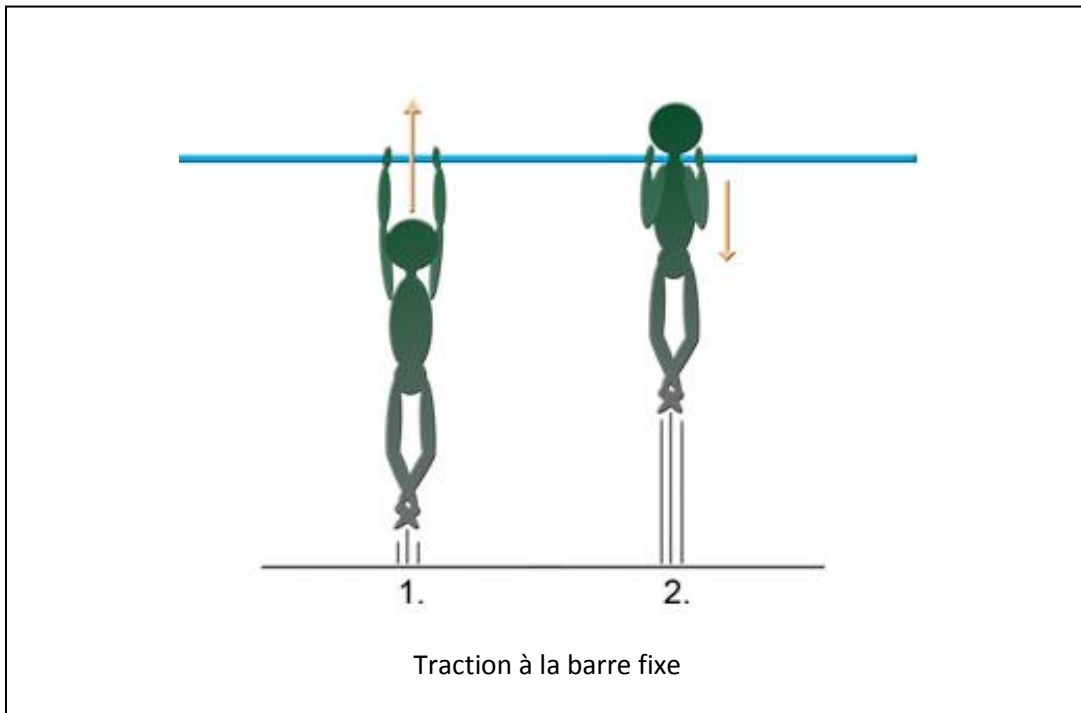
Muscle-building: Thighs & Buttocks



Muscle-building: Biceps



Muscle-building: Biceps & Laterals



The Home Workout

Program 1 (Weeks 1-6)

Stretching and deep breathing (3-5 minutes)

20 minutes of running or cycling (of which 5 sprints)

2 series de 10 reps (pauses of 30 seconds):

1. Squats
2. Calf raises
3. Star jumps
4. Push ups
5. Standard burpees
6. Crunch (2 x 20 reps)
7. Leg raises

Stretching and deep breathing (3-5 minutes)

Program 2 (Weeks 6-12)

Stretching and deep breathing (3-5 minutes)

20 minutes of running or cycling (of which 5 sprints)

2 series of 10 reps (pauses of 30 seconds):

1. Left leg lunge
2. Right leg lunge
3. Hip raises
4. Reverse leg extension
5. Complete burpees
6. Side crunch (alternating right and left, 2 x 20 reps)
7. Leg raises

Stretching and deep breathing (3-5 minutes)

Gym Training Workouts

Program 1 (Weeks 1-6)

Stretching and deep breathing (3-5 minutes)

10 minutes elliptical

10 minutes running (including 5 sprints)

2 series of 10 reps (pauses of 30 seconds):

1. Squat with bar
2. Calf raises
3. Pull ups
4. Close arm seated rows
5. Shoulder raises
6. Crunch (2 x 20 reps)
7. Tricep extensions

Stretching and deep breathing (3-5 minutes)

Program 2 (Weeks 6-12)

Stretching and deep breathing (3-5 minutes)

10 minutes of cycling at varied speed (including uphill and sprints)

10 minutes de running (of which 5 hills)

2 series of 10 reps (pauses of 30 seconds):

1. Leg press
2. Left leg lunge
3. Right leg lunge
4. Pull ups
5. Shoulder raises
6. Leg raises
7. Diagonal crunch (alternating right and left, 2 x 20 reps)
8. Bicep curls

Stretching and deep breathing (3-5 minutes)

Building Muscle After Losing Fat

The following exercises can be included in your workout plans once you have lost the excess fat from your stomach, chest and neck.

Building muscle is recommended for maintaining high testosterone levels and for burning fat faster when inactive.

Warning: Doing muscle-building exercises before losing body fat can result in a protruding chest fat and stomach. This generally worsens the appearance of the body,

Muscle-building exercises in the gym

- Bench press flat
- Bench press inclined
- Bench press declined
- Bench press close arm
- Bench press hammer grip
- Bench press dumbbells, hammer grip
- Butterfly press (inclined, declined)
- Bench press sitting up
- Pull-over
- Dips
- Tricep extensions
- Squats

Muscle-building exercises in the gym

- Push ups classic
- Push ups close arm
- Push ups wide arm
- Dips
- Squats
- Pull jups

Exercises And Descriptions

Exercise	Description
Triceps extensions	Standing up, chest and head leaning forward and back straight. Hold a dumbbell in each hand, the arm aligning the body. Bend the arm backwards at the elbow until arm is straight, then return to original position. Repeat with the other arm.
Sitting bicep curls	Sitting down on the bench with legs closed, the back remains straight and arms fixed, aligning the body with a dumbbell in each hand, palms facing forwards. Bend the arms upwards from the elbow with upper arms remaining motionless.
Shoulder raises	Standing with a bar or dumbbells in the hands, hold the bar/dumbbells with the arms straight down, palms facing backwards. The back remains straight. Rotate the shoulders in a circular motion in one direction, then another.
Calf raises	Standing, place both feet on a block of 10-15cm height, heels touching the floor. Raise the heels from the floor and lower them slowly.
Classic squats	Cet exercice s'effectue debout avec ou sans barre ou haltères. Standing with a bar/dumbbells. Take the bar/dumbbells and place it behind the neck or on the shoulders with the back straight and feet apart. Keep the hand grip wide enough to maintain balance. Bend the legs and keep the arms straight, eyes front. Then return slowly to the upright position.
Crunch	Lying down, rest the legs on a bench (thighs and calves bent at right angle). Hands touching the side of the head, arms apart. Ramenez vos épaules en direction de vos jambes. Bring the shoulders up towards the legs then return to flat position on the floor. Hands must not pull the head or body upwards.
Bar pulldown	Standing or sitting with a machine that has a bar pulldown, palms facing away, take the bar in the hands. Back remains straight. Execute a movement from up to down, pulling the bar to the chin and returning up slowly while breathing.
Standing shoulder press	Standing with the bar, place the bar behind your head, resting on the neck/shoulders and

	keep the back straight with wide grip. Raise and lower the bar slowly.
Lateral shoulder raise	Standing with feet apart, take dumbbells in both hands. Back straight, raise and lower the arms from hip level to horizontal and level with the shoulders, then slowly return with the arms straight.
Close arm row	Sitting, hold the bar with palms facing down and pull slowly to your chest, then return to the arms straight position.
Pull down, wide arm	Sitting with a bar/dumbbells, pull the bar down in front of the head, then return slowly to the top.
Forward lunge with dumbbell	Standing with or without a dumbbell in each hand, position one leg in front of the body, and bend the leg until at right angle position. Return to standing then repeat with the other leg.
Inclined leg press	Sitting with the press machine, place your legs parallel and press outwards until legs are extended, then return to original position.
Pull ups palms forward	Using the fixed bar, palms facing forward, pull your body up to the bar using your arms, then lower the body until the arms are straight.
Pull ups palms facing body	Same as above with the palms facing upwards.
Butterfly, flat, declined or inclined	Lying on a bench flat, inclined or declined and a dumbbell in each hand, feet on the floor. Raise the dumbbells slowly from outside to inside and return.
Shoulder raise, bar	Standing with a bar, feet apart. Put the hands on the bar at should level, palms facing up and raise the bar until the chin, then return.
Tricep extensions	Using 2 benches, place your feet on one bench and hands on another, supporting the body, facing upwards. Lower the body slowly using the arms and raise again.
Dips	Using pallellel bars, place the hands on the bars and keep arms straight. Lower the body until arms are bent at right angles, then raise the body until arms are straight again.
Bench press lying flat Inclined Declined Close arm Wide arm Hammer grip	L'exercice s'effectue allongé sur un banc droit, incliné ou décliné avec une barre. Le dos reste à plat sur le banc et les pieds posés sur le sol. Lying on a bench (flat, inclined or declined), feet on the ground, take the bar with arms straight. Lower the bar until the chin, then raise again.
Hip raise	Lying on the back, feet apart, raise the hips only up from the floor, then lower slowly.

Hip extension, leg stretched	On the floor on hands and knees, raise one leg straight behind and upwards, then lower slowly to the floor. Repeat with other leg.
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