



THE COMPLETE

STRENGTH

AND

TESTOSTERONE

ENHANCEMENT GUIDE FOR MEN

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INTRODUCTION

Hey Jay Piggin here, I just wanted to let you know that I really enjoyed writing this guide on getting stronger because I know there are so many people out there just like me who want to be big, strong, fit, healthy and really start to dominate their training which is exactly what this guide is going to help you do! Being strong is an incredible feeling and I guarantee you if you follow this guide correctly and apply the techniques I explain to you, you are going to get **STRONG AS FU*K!!!** Please just remember to lift safely, lift with correct form, don't lift with your ego and do things correctly. Do not cut corners and try to be superman because your strength will increase over time, not overnight so make sure you follow the correct processes.

Now physical training isn't an easy task and I know you know this well enough by now... You need a high degree of endurance and perseverance in order to attain the desired fitness and strength levels based on your own personal training goals. But before you select a training program and start following a well-established meal plan, it's essential that you first set some big but realistic goals. Try establishing challenging and hard to achieve but they must be realistic goals, if they are not realistic you will not achieve them and you will feel a sense of failure, which is not what you want. It might be possible for you to follow a weight loss plan with the goal of losing about 200 pounds in 3 - 5 years, however, for a huge majority of the population it would be a tough challenge to overcome in a period of 6 - 12 months. Do not set yourself up for failure, it is crucial, you need goals and they need to be challenging but realistic.

It is always good to have long term goals but what about your immediate goals? Even a small step can make a huge difference in your overall training life. Achieving your goals builds a sense of confidence so it is so important to create proper timelines and figure out where you see yourself in the next few months or in a year and so on. If you set goals and you can follow a plan you will be successful it is only a matter of time! Always remember one thing: The secret to achieving any goal lies in making the best use of your efforts. You should try never to waste any time because every second matters, every day matters, every week matters, everything matters. If you want to achieve something **MAKE IT A PRIORITY!!!** You can build a strong body by following a progressive intense training regime, through small but regular steps, you are sure to achieve your goals if you go through the correct processes. I am going to show you exactly how to do this in this strength and testosterone enhancement guide designed specifically for men. If you want to get strong and you want to be strong, you have come to the right place!

Jay Piggin



CHAPTER ONE

INCREASING YOUR STRENGTH AS A BEGINNER

If you are a novice in the world of strength training, you need to know that there is no magical workout or training system, there's no magic wand that would completely transform you in a blink of an eye. You progress ahead as long as you make persistent efforts to achieve your lifting goals. But you **MUST** follow the essential rules mentioned below if you are going to make massive progress in all of your lifts:

STAY PERSISTENT

It's natural for a beginner to find working out difficult. They look for excuses to miss their workouts, they find reasons as to why they can't make it to the gym, they give up when things get tough but you cannot do that. This is where persistence comes into play. You can only achieve your goals if you make an effort to hit the gym each and every week, you make the effort to eat all your meals, you make the effort to make your training a priority and you make the effort to work harder than you ever have before!

DON'T COMPROMISE ON YOUR DIET

Strength training does not mean you eat less, it is the opposite! In order to maximize your efforts in the gym, you need to take proper care of your diet. Nutrition is vital, Protein in every single meal, good quality carbs in every meal, good quality fats mixed in regularly and again do this consistently for weeks on end will allow you to maximize your efforts in your gym! If you aren't getting stronger you may not be giving your body enough fuel to increase those lifts!

PUT TOGETHER A PROPER PLAN

Since you're going to be hitting the gym, you can't really evade a proper plan. Without a plan, you are just guessing and guessing leads to failure. You need to have proper goals in mind before you actually start working out in a gym. Plan well in advance and know how and when you should move to the next level of workouts. A workout regime without a proper plan is equal to steering a helm-less ship. It won't work. You need to be organized, you can't just rock up to the gym with no idea what you are doing that workout, you need to have a set plan in place so you can follow it and make consistent progress. I am going to give my strength training program further down in this book!

KEEP IT SIMPLE

You don't have to follow an extraordinary training program. You should always stick to a basic and simple program because it is easier to follow, especially when starting out. Training evolution or complexity comes at a much later stage of your training but the first step in increasing your strength is knowing how to perform all of the major lifts correctly and how to improve the weight you are lifting on each of those lifts consistently. You should follow a simple plan that has an easy-to-understand structure, a logical method behind it and most importantly you need to implement the plan consistently and you will make constant progress. You do not need to do anything crazy, simple works incredibly well!

CHAPTER TWO

NATURAL STRENGTH MOVEMENTS

Our bodies are not designed to be crazy strong, you need to train your body to get stronger. Building strength requires you to know your body very well and you need to learn to listen to it. After all, it's you who is going to live in it and it's you who is going to have to deal with the consequences if you don't listen to it. I personally know my body so well because I listen, I learn and I modify my workouts to what feels good for me, you need to do the same! This is the first thing you should be analyzing before you plunge into any sort of strength training program is understanding and listening to your body.

We are made to do certain lifts and movements with ease, using maximum leverage and multiple groups of muscles. There are a few strength movements that our bodies are tuned to perform naturally. So it shouldn't be very difficult to get a hang of them. Below are the seven strength movements you should be performing on a regular basis and looking to gradually progress in strength: Below are the key styles of lifting for any man looking to increase his strength!

1. Horizontal Pull - This movement involves rowing or pulling the weight towards the body. One example of this type of movement is the bent over barbell row.

2. Vertical Pull - Vertical Pull involves pulling weight toward the body from above the head. Lat pull-downs or pull-ups is a great example of this sort of pull movement.

3. Horizontal Push- This movement involves pushing or pressing the weight away from your body. Bench press is one example of this sort of push movement.

4. Vertical Push - This strength building movement involves pressing or pushing the weight away from your body. Military press is a good example of a vertical push movement.

5. Squat - Squat requires you to bend at the knees and hips while keeping the torso in a partially-upright position using your quads, hamstrings and glutes to push the weight up. The barbell squat is an example of a squat.

6. Carry - Carry requires you to hold an object in one or both of your hands whilst running and/or walking. Yolk or farmer's walk is a good example of a carry movement.

7. Lift from Ground - This involves you lifting up an object from the ground in a position that offers maximum leverage. This sort of position is obtained with bent hips and knees. The barbell deadlift is a perfect example of this type of movement.

There are several strength building movements such as shrugging and jumping that the body performs well. But many of the movements are derived from the aforementioned seven movements. So if you get better in these seven movements, you should be capable of performing any movement with more power. If you want to be strong these are the movements you need to get good at, you need to do regularly, you need to track your progress and you need to perform them at a high intensity!

CHAPTER THREE

THE KEY STRENGTH BUILDING EXERCISES TO PERFORM

Most exercises to build strength are quite similar in nature, and comprise a major group of a number of lifts. The lifts are derived from the seven natural strength building movements mentioned above. The primary strength building EXERCISES for experienced lifters are as follows:

- 1. Squat**
- 2. Bench press**
- 3. Dumbbell Shoulder Press**
- 4. Deadlift**
- 5. Dumbbell and barbell rows**
- 6. Olympic lift and power clean variations**
- 7. Chin ups**

There are, however, several exercises that are extremely advantageous for amateur trainees looking for a quick solution to build strength: If you cannot perform the above exercises the below exercises will be your next best options and are ones you can still practice that will provide you with strength building improvements.

- 1. Pull ups (palms away from body, wider grip)**
- 2. Planks**
- 3. Dips**
- 4. Ham/glute raise**
- 5. Weighted abdominal workouts like weighted sit ups as well as cable crossovers**
- 6. Good mornings**
- 7. Farmer's walk**

A combination of compound movements, progressive overload lifting technique (I will cover later in the book) combined with some Olympic lifts and core strengthening exercises are going to contribute to overall strength development. Do all of them at an extremely high intensity, gradually increase the weight you are lifting over time and you will make incredible improvements!

CHAPTER FOUR

IMPROVING YOUR WEAKNESSES TO INCREASE YOUR STRENGTH

Weakness is never a part of your arsenal if your objective is to build strength. Generally, weakness can be categorized into two areas. The first category includes strength related weaknesses, which relate to weakness in movements like the horizontal pull or the vertical push movement. The second category of weakness relates to aesthetics, which is applicable to the average standard workout inside the gym. In order to improve your overall strength training performance, you need to improve on both categories of weakness.

Improving your weak areas can significantly improve performance of other movements. For example, if you focus on your hamstrings while working out, you are likely to improve your posterior chain performance as a whole and will possibly allow you to squat heavier over time. Focusing on your weaknesses will significantly improve your training for a better-functioning physique allowing you to acquire massive strength over time! If you know you are lacking in a certain area you need to focus on it and improve it.

The Barbell squat, the deadlift, the bench press and the overhead press form the essence of most strength building training regimes. Training your weak areas or muscle groups you know are holding you back will benefit you functionally, and improve the compound movements I have just mentioned. Below I am going to list the most common weaknesses most people need to improve on when performing the 4 most important strength building lifts.

SQUAT WEAKNESSES:

- You might find it difficult to "go deep" into squats. More often than not, the angle of your knee is inside the angle of your foot, leading to poor depth. This in turn can lead to "knee in" squatting" and lack of hip flexibility.
- If you have a weak lockout, either your hips are weak or you are not moving the hips forward to complete a rep. You can perfect your lockout strength by using chains or bands, or by focusing on the hips with kettle bell swings or pull-through.
- Your core strength can often lead to a weak squat, if you are unable to keep your core tight when performing the squat not only is it dangerous and may cause injury to your lower back but it is also going to add more stress on the central nervous system because your body is not going to be able to properly handle the weight which is going to slow your strength gains.

DEADLIFT WEAKNESSES:

- Deadlifts, you may have a weak lockout. You can correct a weak deadlift lockout by using a heavy rowing, speed work, power shrugs, chains and bands. You should also focus on pushing your hips forward in order to drive the lockout with the glutes and hips.
- More often than not the deadlift is considered a long press holding a bar. But it isn't in reality. The best way to perform a deadlift rep is by incorporating all muscle groups equally. Use your quads, hamstrings, glutes, back and forearms to perform the deadlift to its full capacity.
- The major weakness most people encounter when performing deadlifts is not actually a performance weakness it is an egotistical weakness. Do not let your form disappear to try and lift a heavier weight. I know this entire guide is aimed to get you strong but you can never sacrifice form. Being injured is going to set you back months so do not lift with your ego, lift intelligently

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IMPROVING YOUR WEAKNESSES TO INCREASE YOUR STRENGTH

BENCH PRESS WEAKNESSES:

- Bench press can be weak off the chest. In such a case, you should focus on improving your back strength using pull-ups and/or rows.
- It can also be a weak middle. If you are weak in the middle of the press, it's mostly attributed to the lack of triceps and shoulder strength. Work on your weak areas with close grip benches, dips and the barbell dumbbell press.
- Lack of tricep strength may lead to a weak press lockout. Dips are the best exercise to perform to increase the strength of your triceps.
- Bench press may also lead to uneven lockout, which is often a result of lack of tricep strength. An experienced lifter with an even bench, do a few extra reps using a single arm movement each time to bring the weaker side up.

OVERHEAD PRESS WEAKNESSES:

- You may be weak in the overhead press because your body is not vertically straight when performing the exercise. You should allow your head to move forward slightly while pressing the weight up. Doing so will keep your body aligned and makes the exercise easier and more effective to perform. It will also reduce strain on your neck and your lower back making the exercise more comfortable to perform.
- You may have a weak core. The dumbbell overhead press requires you to maintain a proper back position but you will have to engage your core muscles so as to create a strong base for yourself and reduce strain on your vertebrae. Contracting your core muscles allows you to transfer the force to your arms and shoulders, thus eliminating the risks of back issues.
- Your wrists can hit your blind spot while focusing on your shoulders, core muscles and the back. You need to keep your wrists firm while performing the overhead press so that you are able to create enough force to hold the weight at the top of the movement. If you are bending your wrists while performing this, it may mean that your wrists are too weak. You can add wrist curls to your regime to overcome this.
- You should try keeping your "elbows down and tucked in" in order to prevent putting more strain on your shoulder joints. Keeping your elbows down maintains proper alignment with your shoulder girdle and makes it easier to lift the weight. This small change can actually lead to stronger lifts over time.

CHAPTER FOUR

IMPROVING YOUR WEAKNESSES TO INCREASE YOUR STRENGTH

DOES THE CENTRAL NERVOUS SYSTEM PLAY A ROLE IN IMPROVING YOUR OVERALL STRENGTH?

Yes it does, the central nervous system plays a vital role in regulating your muscle tissues to lift or move heavy weights. The central nervous system acts in like a source of power in many ways- awakening the CNS will help you gain an increasing amount of muscle fiber.

This is why you should follow a warm-up protocol before heavy strength training, In case you try to lift heavy weights without waking up your central nervous system, you will be attempting to move the iron using just a few muscle fibers which is never a good idea. This would result in excessive strain on your connective tissues and joints, and a higher risk of an injury.

The ability of the central nervous system can be checked after a strength training session. Try reducing the weight by a quarter and perform a set after your heavy workout is complete. Surprisingly, this particular set will be amazingly light because your nervous system will be fully engaged in recruiting maximum muscle tissues. If you did this the other way around and went extremely heavy without awakening the CNS it would be a lot harder for you because you would not be recruiting as many muscle fibers. Always warm up, turn the power source in and let it run before going to your maximum lifting capacity.

CHAPTER FIVE

PICKING A WORKOUT THAT SUITS YOUR EXPERIENCE LEVEL

It's not expected that you have years of experience in strength workouts and even if you did there is always room for improvement and additional learning! If you are a novice lifter or a little more advanced, most of your workout's focus must be on increasing your stamina and strength on basic lifts- deadlifts, squats, overhead press and bench press.

As someone new to lifting, you should pay more attention to adding weights regularly to the bar which is also known as linear progression. If you are constantly improving and adding weight to your lifts you are on the right path and making good progress. However if you find that you are plateauing and you are not getting stronger below are my two favorite methods to get me over a plateau on back on the right path increasing all my lifts across the board.

Periodization - This involves moving between heavy, medium and light days because each day of heavy training becomes excessively stressful for your body. If you are going crazy heavy every single day your body will get stressed out so by using the technique "Periodization" gives you a good balance and well get your body back to optimum performance so you can start moving forward again!

Assistance exercises - Including assistance exercises does not necessarily target your "weak lifts", but tries to strengthen the primary muscle groups. Incorporating some isolation exercises in with your compound movements or even just isolation days by themselves is a great technique to consistently increasing your strength long term.

Periodization for a lifter can include shifting between heavy, medium as well as light days, or paying attention to relative weight intensity over a few weeks. You do not need to go crazy heavy every single workout to increase your strength so if you feel you are not moving forward and making progress, scale it back a little, mix it up for a few weeks in terms of the weight you are lifting and then get back into it hard. If you run your body into the ground you will not get stronger!

Intermediate level lifters start by progressing consistently month after month, and end where they feel their progress has stalled dramatically. It is at this point that they reach the advanced level and become advanced lifters. If you have gotten way stronger and your progress starts to slow do not look at it as a bad thing because it isn't, you cannot continually get stronger for ever. So if you do need to turn to periodization or start using assistance exercises in-between your heavy days for a few weeks it is just part of the process, it means it is working, do not get annoyed by it because it is inevitable.

Once you do plateau it means you have become an advanced lifter because you have gotten to the point where you can no longer just keep getting stronger, it is a good thing! A highly dynamic training approach is a must for advanced level lifters so go apply the assistance exercises into your training, start mixing it up with the periodization technique and once you feel good again, you have listened to your body and you are ready to ramp it up, you will be in the position to start increasing your weight weekly again but make sure you only do this once you feel your body is 100% ready.

In the next chapter I am going to give you my exact strength training program that I used in my last offseason that allowed me to add 20 plus kg to all of my major lifts and also add some quality LEAN muscle mass to my physique. I have given this program to ELITE AFL players which is the highest level athlete in Australia and it has been a massive success for hundreds of different people and im 100% confident it will work for you. If you are looking to get strong and add some mass this is going to be the best training split I can possibly recommend for you.

CHAPTER SIX

JAYS OFF SEASON STRENGTH TRAINING PROGRAM

BELOW IS MY OWN PERSONAL STRENGTH TRAINING PROGRAM I USED IN MY LAST OFF-SEASON:

DAY 1: STRENGTH TRAINING – MAJORITY COMPOUND MOVEMENTS

- BENCH PRESS: 4 SETS OF 8-10 REPS
- DUMBBELL BENCH PRESS: 4 SETS OF 8-12 REPS
- DUMBBELL SHOULDER PRESS: 3 SETS OF 8-12 REPS
- CHIN UPS: 3 SETS TILL YOU CAN DO
- SIDE LATERAL RAISES: 4 SETS OF 8-12 REPS
- SQUATS: 5 SETS OF 8-12 REPS
- SEATED CABLE ROWS: 5 SETS OF 8-12 REPS

DAY 2: ABS AND CARDIO – RECOVERY AND CORE STRENGTHENING

- 40 MINUTE TREADMILL POWERWALK WITH SLIGHT INCLINATION
- WEIGHTED ABS CRUNCHES: 5 SETS WITH WEIGHT PLATE OF 10 KILOGRAM
- SIDE CRUNCHES: 3 SETS EACH SIDE
- BICYCLE SIT UP: 3 SETS TO FAILURE
- PLANK: 3 SETS FOR AS LONG AS POSSIBLE

DAY 3: STRENGTH TRAINING – MAJORITY COMPOUND MOVEMENTS

- BENCH PRESS: 4 SET OF 8-10 REPS
- DUMBBELL BENCH PRESS: 4 SETS OF 8-12 REPS
- BARBELL SHOULDER PRESS: 3 SETS OF 8-12 REPS
- SIDE LATERAL RAISES: 4 SETS OF 8-12 REPS
- LAT PULL DOWN: 3 SETS OF 8-12 REPS
- SQUATS: 5 SETS OF 8-12 REPS
- BENT OVER BARBELL ROWS: 5 SETS OF 8-12 REPS

CHAPTER SIX

JAYS OFF SEASON STRENGTH TRAINING PROGRAM

DAY 4: ISOLATION EXERCISES

- CABLE CURLS: 5 SETS OF 15-20 REPS
- BARBELL CURLS: 3-4 SETS OF 8-12 REPS
- TRICEPS CABLE PUSHDOWNS: 5 SETS OF 15 -20 REPS
- REVERSE CABLE CROSSOVERS: 5 SETS OF 8-12 REPS
- CABLE CROSSOVERS: 5 SETS OF 8-12 REPS
- SHRUGS: 3 SETS OF 15-20 REPS

DAY 5: STRENGTH TRAINING – MAJORITY COMPOUND MOVEMENTS

- SQUATS: 5 SETS OF 8-12 REPS
- CHIN UPS: 3 SETS TO FAILURE, PUSH YOURSELF
- BENCH PRESS: 4 SETS OF 8-10 REPS
- DUMBBELL BENCH PRESS: 4 SETS OF 8-12 REPS
- SIDE LATERAL RAISES: 4 SETS OF 8-12 REPS
- SEATED CABLE ROWS: 5 SETS OF 8-12 REPS

DAY 6: ABS AND CARDIO – RECOVERY AND CORE STRENGTHENING

- 40 MINUTES TREADMILL POWERWALK WITH A SLIGHT INCLINATION
- BICYCLE SIT UPS: 3 SETS TO FAILURE
- PLANK: 3 SETS FOR AS LONG AS POSSIBLE
- WEIGHTED ABDOMEN CRUNCHES: 5 SETS WITH WEIGHT PLATE OF 10 KILOGRAM
- CABLE CRUNCHES: 3 SETS TO FAILURE

DAY 7: REST DAY

PERSONALLY, I TRY TO INCREASE THE LIFTS OF ALL COMPOUND MOVEMENTS ALMOST EVERY SINGLE SESSION EVEN IF IT IS ONLY BY 2.5KG! THE KEY TO GETTING STRONGER IS CONSTANT PROGRESSION, PROGRESSION AND MORE PROGRESSION!

Below I would like to detail out the progression approaches I prefer to use to consistently improve my strength training:

1. Weekly progression- This involves an addition of 5 to 10 pounds of weight to any specific lift each week.
2. Lift specific progression - This progression involves the addition of weight to a lift each time you perform it. You may be required to this several times a week, but obviously in smaller additions.
3. Goal driven progression- Goal driven progression involves adding weights to a specific lift when you achieve a rep goal. For instance, a training program will call for a rep range of about 8 to 12 for a set. When you are done performing 12 reps, you can add some weight to your lift.

CHAPTER SEVEN

JAY'S OFF SEASON MEAL PLAN

When it comes to training, we've already established that you need to train as hard as possible. But, hard training isn't enough, you can do all the training in the world but if you don't have your nutrition on point, you are wasting your time! You need a robust food plan. The quality of your nutrition matters. All the hard training in the world will not deliver the results you're looking for if you aren't eating the right kind of food.

Food plays a very important role in the way our body functions. For instance, in the context strength training, the right kind of food will improve the way your body repairs and strengthens your connective and muscle tissues back together aiding you to continually increase your lifts.

No real athlete ignores their nutrition and a person who does is never going to be an effective athlete. Having a nutritional structure is one of the most important things for making gains and getting strong, it cannot be neglected.

GET THE BASICS RIGHT

As we have already made it clear – watch what you eat if your intention is to boost performance. It is just as important as your training. Now, there's another thing you need to know – health focused diets aren't all the same. It varies largely according to your objectives. A marathon runner and a bodybuilder both need to eat healthily, but, their nutritional requirements will vary, I know this is obvious information you probably already know but it is important!

This entire book is about getting strong so if you want to get stronger and support it through correct nutrition here is what you need to focus on:

- **Calories:** Your calorie intake needs to be consistent and optimized. Don't eat more than you need to or less than you need to. The calories you consume must be enough to help you build muscle and more that point you can gradually increase your calories over time. Food is your friend don't be afraid to eat but don't over do it at the same time!

- **Protein:** This is the most important nutrient in a strength training diet. You need to have a substantial protein intake or you don't recover and you will lose strength. By consuming an optimal amount of protein while indulging in resistance training, you can boost the development of lean muscle mass significantly which is going to improve your strength gains. When you train, you are breaking down muscle tissue, which is being constantly rebuilt. Protein drives this rebuilding process and therefore, must be included in your diet to continue the rebuilding process and allow you to keep increasing your lifts. If your muscles are broken down they will not be performing at their optimum.

- **Carbohydrates:** Carbohydrates or "carbs" also serve important functions – 2 to be specific. Firstly, they are your body's primary energy source. If you're going to be training to get strong, you need all the energy you can get and carbs offer that. Secondly, carbs trigger insulin production, which is necessary for the transference of nutrients from the bloodstream to the muscle cells. So, yes, carbs, in the right quantity, are good.

- **Fats:** You've probably heard that fats are bad. Well, that's not true; there is such a thing as "healthy fats". This includes polyunsaturated fats, omega-3 fatty acids, and monounsaturated fats etc. These healthy fats can help with recovery and improve your cardiovascular functions as well as adding in strength gains. So, eat fat, but make sure it is monitored, healthy and comes from a good source. You will see the fats I consume in my off season meal plan below.

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JAY'S OFF SEASON MEAL PLAN

Let's explore these further.

PROTEIN POWDER

Strength training is highly dependent on consuming high-quality proteins in the right quantities and at the right time. However, do note that protein isn't a primary energy source. Its main function is to aid muscle rebuilding and metabolism.

At the end of the day, you still need carbs and healthy fats to keep your body running. Proteins alone will not achieve that.

As for how to consume protein, the key is to take in adequate amounts throughout the day coming from whole food sources and then a liquid shake post workout because it will be sucked straight into the muscle you are after an intense workout. Consuming protein after a training session helps rebuild and restore your muscle tissues, which, have obviously been put through a lot of stress during the workout.

As you keep doing this, you will start to notice gains in terms of strength and muscle gain. Another word of advice we have for you is that you seek protein from primary sources such as meat and dairy. Always try to consume your protein intake from whole sources as it is far better than from supplementation.

The reason I recommend this is because those primary sources of protein will provide you with other nutrients such as vitamins and minerals, which are just as important. You do not consume any good micronutrients from protein powder but you do from whole foods. Speaking of primary protein sources, red meat, fish, eggs, whey, dairy, and poultry would be ideal.

NO PROCESSED FOODS

To make sure you're getting high-quality nutrients, make sure you avoid processed foods at all costs. Even if you can't cut them out completely, make sure you reduce your consumption drastically. Instead, opt for whole foods. This includes foods such as meat, vegetables, fruits, pulses, and grains etc.

The benefit with whole foods is that they have no additional elements such as added sugar, sodium, nitrates, preservatives and several other chemicals that can interfere with your health. So, go to the whole foods section of your supermarket next time you're there. You can also source such foods online, which is another convenience you can leverage towards your goal. Whole foods and clean foods every meal of the week except for your cheat meal ;)

THE CALORIE EQUATION

It's likely that you've come across the general rule about calorie control – eat fewer calories than your body requires to maintain weight and you will droop body fat. Well, that rule applies only to those who are trying to shed excess weight. You, on the other hand, are trying to build muscle and GET STRONG which means, you need to actually consume more calories. You need to be in a calorie surplus!

CHAPTER SEVEN

JAY'S OFF SEASON MEAL PLAN

EATING SCHEDULE

So, now you know that you need to get the right kind of food, the right number of calories. However, that's just one part of the equation. You also need to have an eating schedule and be eating regularly throughout the day! Yes, contrary to what you might have heard or followed in the past, the timing of your meals is EXTREMELY important.

Typically, you should start following a 7-meal schedule, which consists of meal 1 all the way through to meal 7. This also includes a post-workout meal depending on when you work out. Do not skip the post-workout shake. It's very important. 5 meals throughout the day, also consisting of protein and carbs, along with 2 shakes is perfect. 5 meals and 2 shakes is exactly what I would recommend and that is exactly what I did in my last off season and it worked incredibly well for me!

On the next page is the perfect meal plan that I followed during my last off season, I did not start the off season on this amount of food but I found this was the perfect amount of food that allowed me maximum recovery, maximum strength gains and minimal body fat!

CHAPTER SEVEN

JAY'S OFF SEASON MEAL PLAN

MEAL 1:

- 180G OATS
- MIXED BERRIES
- 30G LOW CARB PROTEIN POWDER
- 1 TBSP HONEY
- MIX ALL INGREDIENTS TOGETHER IN A BOWL OR BLEND INTO A SMOOTHIE WITH WATER

VITAMINS:

- MULTIVITAMIN
- DIGESTIVE ENZYME
- PROBIOTIC
- TRIBULIS

MEAL 2:

- 220G LEAN MEAT (CHICKEN, FISH, TURKEY ETC)
- LETTUCE, CAPSICUM, MUSHROOM ETC
- LOW FAT CHEESE
- QUARTER OF AN AVOCADO
- BALSAMIC DRESSING

SNACK:

- 2 TBSP PEANUT BUTTER PLUS 1 BANANA

MEAL 3:

- 200G LEAN MEAT
- 120G BROWN RICE OR 450G SWEET POTATO OR 120G WHOLEMEAL PASTA
- 100G GREEN VEGETABLES

MEAL 4:

- 200G LEAN MEAT
- 120G BROWN RICE OR 450G SWEET POTATO OR 120G WHOLEMEAL PASTA
- 100G GREEN VEGETABLES

PRE WORKOUT: 5G CREATINE MIXED WITH PRE WORKOUT

INTRA WORKOUT: 10G SERVING OF AMINO ACIDS WITH WATER

MEAL 5 POST WORKOUT:

- 30G LOW CARB PROTEIN SHAKE
- 5G L GLUTAMINE,
- 5G CREATINE

MEAL 6:

- 250G RED MEAT
- 90G GREEN VEGETABLES
- 150G JASMINE RICE OR 500G WHITE POTATO

MEAL 7:

- 30G CASEIN PROTEIN WITH 170G GREEK YOGHURT

- 5 LITRES OF WATER PER DAY
- SEASONINGS AND DRESSINGS ARE FINE BUT USE MINIMAL
- ALL FOOD IS TO BE WEIGHED UNCOOKED
- 1 CHEAT MEAL PER WEEK MUST BE HIGH PROTEIN AND ONLY IF YOU FOLLOW WEEKLY MEAL PLAN!!!

CHAPTER EIGHT

SUPPLEMENTS

If you're unable to source protein from food, your next best option is to go for supplements. Now, the supplement market is a little overcrowded and finding the right option can be a tasking experience. Barring the fact that they are good alternatives for natural protein sources, protein supplements can also be beneficial in terms of generating improvements faster if they're taken in addition to your primary protein sources. Supplements are in addition to your meal plan, you cannot just rely on using supplements alone!

Let's take a look at some of my favourite supplements you can incorporate into your own program:

LOW CARB PROTEIN POWDER

Protein Powder is by far the most important supplement you will need to use in your strength training program. A high protein diet is the foundation of building muscle and getting strong, you must keep your protein levels high when trying to lose body fat as well. Protein will maintain your muscle mass, maximize recovery and allow you to continually gain strength over time. Low carb proteins are all very similar, please do not stress too much over which brand you are using as long as it is low in carbs and fats because you only need the protein from it. You should always get your carbs and fats intake from whole foods.

MULTI VITAMINS

Multi Vitamins will not help you lose fat or build muscle but should be included in your program to keep you healthy and stop you from getting sick. Your health is more important than anything and should always be your number 1 priority. Multi Vitamins are filled with vitamins and minerals to optimize the level your body performs at and will aid in strength gains over time.

AMINO ACIDS

The primary focus of Amino Acids is to help you recover faster, prevent you from being catabolic (lose muscle mass) and to rehydrate you. The correct time to take amino acids is intra workout, which is during all of your weight training and cardio sessions. Amino Acids contain zero calories and will not make you put on any unwanted weight but will maximize your recovery at the same time.

CREATINE

Creatine increases the strength and endurance of your muscles. When your muscles are filled with creatine you will have an increase in strength and you will not fatigue as quickly. Increasing your strength means you are able to progress with the weight you are lifting which will help you build muscle faster and obviously get stronger. Increasing your endurance will stop your muscles from fatiguing as quickly which will

The Complete Strength And Testosterone Enhancement Guide For Men©All Rights Reserved 23 allow you to perform more reps during your sets. E.g. Instead of doing 11 or 12 reps you might get 13 or 14. Creatine is a great supplement if you are looking to get strong!

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SUPPLEMENTS

L GLUTAMINE

L Glutamine is a great supplement to use year round and is something I put in every single protein shake that I have. L Glutamine protects your muscle mass and will minimize the chance of becoming catabolic.

CASEIN PROTEIN POWDER

Casein protein is not a necessity but is a good alternative to eating meat or eggs every night before you go to bed. The difference between casein protein and normal protein is that normal protein is absorbed within approximately 90 minutes, whereas casein protein is absorbed over an 8 – 12 hour period of time. Casein protein is taken before bed so the entire time that you are sleeping your muscles are constantly being fed protein due to its slow release time. Eating meat or egg whites before bed will have this effect too, which is why casein protein is an alternative.

TRIBULLS

Tribulis is also an optional supplement and will work better on older people. It is a herbal ingredient that increases the amount of testosterone your body can produce naturally. Testosterone along with protein is the foundation of building muscle and the higher you can increase your natural testosterone levels the quicker you will build muscle. Extra testosterone will make you stronger and help you recover faster and I am going to show you some of my favorite techniques a little later on in this book to really help maximize natural testosterone production.

DIGESTIVE ENZYMES

Digestive enzymes help break your food down into smaller particles and maximize the amount of nutrients you absorb. They will also help stop bloating.

PROBIOTICS

Probiotics are filled with good bacteria and when taken consistently will rid the body of bad bacteria. This will increase the strength of your immune system and allow your body to function optimally.

CHAPTER NINE

25 WAYS TO INCREASE YOUR BODY'S NATURAL TESTOSTERONE PRODUCTION

Raising your testosterone levels will help you gain muscle, maintain a healthy libido, enhance your mood and most importantly GET STRONG AS FU*K!!!

Below are the best 25 tips to help you increase your testosterone production naturally:

1. HEAVY WEIGHT STRENGTH TRAINING

There's no doubt that strength training will boost your strength like many other workouts. But your workout will be effective only when you hoist the heavy iron. This helps create lean muscle mass and in turn, trigger a range of anabolic hormonal secretion throughout your body. Heavy weight lifting, according to research, boosts testosterone levels regardless of your age. All you need is a little hard work and some heavy weight.

2. REDUCE STRESS

There's no denying that life can become extremely stressful at times. Stress wreaks havoc on your testosterone levels, causing your body to release another no-so- good hormone cortisol, which causes your body to lose lean muscle mass and gain unwanted body fat, particularly in the abdominal region. Stress is thus one of the major cause of low testosterone levels in men so do your best to try and eliminate it!

3. MAKE A GOOD SELECTION OF EXERCISES

Heavy lifting will surely boost testosterone but for that, you need to choose your exercises well. If you hit the gym keeping the same good old guns approach, you won't be able to create a strong anabolic effect. On the other hand, pushing yourself with bench presses, squats, deadlifts and rows and overhead presses as discussed earlier will create a significant impact on your overall physique and increase your bodies natural testosterone production! Compound movements will allow your body to release more testosterone naturally!

4. AVOID LOW FAT DIETS

Simple dietary fat is healthy to some extent because it influences your testosterone levels. Fats are healthy as long as your sources are healthy and you keep your calorie intake in check. Fats from fatty fish, avocado, lean grass-fed meats, seeds and nuts and oils boost testosterone to some extent. Peanut butter also works as well ;)

5. BUT MAKE SURE YOU ARE EATING THE RIGHT FATS

Some saturated fat is essential for your cardiac health and testosterone levels. While we are all concerned about high cholesterol levels and the resulting health effects, it's interesting to note that the sex hormone (testosterone) is a product of cholesterol and saturated fat. So completely eliminating these two compounds wouldn't be a good idea. You should try to keep your saturated fat somewhere between 15 to 25 percent of your daily fat intake.

6. CUT DOWN ON SUGAR

It's true what people say- sugar is the worst food you can be giving your body, Its like a drug it is very addictive! There's actually no mistake in this. Not only does sugar contribute towards weight gain but also reduces your natural testosterone production. Each time you consume a sugar-rich food, you can expect an immediate drop in your testosterone levels. It is a fact!

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7. SLEEP WELL

Sleep plays an important role in regulating a number of body functions. One of them is the release of testosterone. Sleep is the time when your body is restoring itself and ensuring a proper balance and maximizing recovery. Neglecting sleep can ruin your workout session the next day and can actually affect your workouts for that entire week! You should try to get at least 8 hours of sleep (6 minimum) in order to maintain a healthy testosterone level.

8. HAVE REST DAYS

While exercise is a must, you can't downplay rest. You need regular intervals of rest in between training days so that your body gets enough time to recover. Over-exercising can shift your hormonal balance towards the worse, and could take you months to restore your testosterone levels. One rest day per week is what I would recommend.

9. QUIT SMOKING

Smoking not only has a devastating effect on your heart and lungs but also on your testosterone levels. Whether you switch to patches and gums or leave it cold turkey, you are sure to improve your testosterone levels by quitting smoking. Smoking makes it difficult for men to build lean muscle mass and maintaining it on a long term basis. Smoking sucks!

10. CONTROL YOUR ALCOHOL CONSUMPTION

Alcohol is one of the worst things you can possibly put into your body and is certainly not a good option for you if you want a testosterone boost. It's best to avoid alcohol if you are trying to achieve this. Although it won't be easy to completely give it up, you can at least keep your consumption in check and cut it back as much as you can. Quit smoking, quit drinking, sleep more and lift heavier weights and you will notice a major increase in natural testosterone production.

11. AVOID SOY AS MUCH AS POSSIBLE

Protein is essential but soy-based proteins aren't good for your health. Try avoiding soy contain foods while planning your everyday diet. Soy tends to trigger the production of estrogen in the body, which nullifies your objective to boost testosterone. Soy therefore does more harm than good.

12. CONTROL YOUR CARBS

Carbohydrates act as a fuel source that can either favour your body or go against it. Timing is what determine whether carbohydrates work in your favour or not. The maximum amount of carbs in your day should come as soon as you are done working out because the anabolic potential is high at this point. This shows significant improvement in your performance and recovery. Having carbs post workout and increasing your muscle mass will long term help your body produce more testosterone naturally!

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13. TREAT YOURSELF WITH A JUICY STEAK

If you are a meat lover, you can rejoice because there's no need to eliminate steaks from your diet. In fact, it's encouraged that you include steaks in your diet for higher testosterone levels. However, you should go for a grass-fed cut over grain-fed meat because they are a lot healthier. Grass-fed beef has a much healthier profile that provides CLA along with omega-3 fatty acids, which are essential for optimizing hormonal levels. Steaks also provide the coenzyme Q10 with carnitine, both of which boost your natural testosterone levels.

14. ADD GARLIC TO YOUR FOOD

Instead of adding sugary condiments and sauces to your food, go for a natural seasoning element like garlic. Garlic is one of the healthiest ways to enhance taste and boost your test levels. People who consume garlic on a regular basis have fewer complaints related to the heart as well. Moreover, it can greatly improve your testosterone level. You should allow the garlic to stay open for a few minutes after peeling and chop it to trigger the release of health-boosting nutrients.

15. USE ZMA

We have already understood the importance of zinc in our daily diet. But now you might have to consider supplements. Well, one product that can help you achieve your objective of increasing your natural test levels is ZMA, which is an acronym for zinc, magnesium and vitamin B6. ZMA is found to be effective when taken just before bedtime. ZMA supplements not only improve the quality of your sleep but also boosts your natural testosterone production. The supplement is best for men who undergo hard workouts in the gym.

16. PERFORM SQUATS

Heavy lifting is important you should know this by now but squats tend to be even more essential in boosting testosterone levels. Squats work on a number of muscles at the same time, and allows you to hoist a heavy amount of weight. The sheer determination to go through a set of heavy squats can give a big boost to your testosterone levels. Make sure you include squats at least once a week MINIMUM throughout your training program.

17. INCLUDE SALMON IN YOUR DIET

Fatty varieties of fish are essential for men who are aiming at boosting their testosterone levels. These kinds of fishes contain a high proportion of omega-3 fatty acids that most of us lack owing to our diet and lifestyle. Omega-3 fatty acids found in fishes like salmon help to increase insulin sensitivity, improve memory, fight depression, and raise the testosterone levels in men. Salmon does this by raising the formation of luteinizing hormone, which triggers more testosterone production in men. Including two servings of salmon per week along with fish oil supplements per day is a good way to boost your testosterone levels.

18. INCREASE THE HEAT IN YOUR BEDROOM

It is not known widely but your bedroom activity does have an influence on your testosterone level. Sex is a good way to increase your testosterone production. However, this is a self-fulfilling cycle because the more testosterone you produce, the more sex you would like to have. You should try and break free from the rut even if you are in a relationship. More often than not, getting the momentum is the hardest part. But having sex on a regular basis certainly boosts testosterone levels in men and lets be honest who doesn't love sex?

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19. CONSIDER ADDING BERRIES TO YOUR OATMEAL

Breakfast is one of the most important meals of the day because it gives your body the power to go through the day's drudgery (post workout is the most important, breakfast is second). A bowl of oatmeal would be a perfect breakfast, but sprinkling some berries on it would be the icing on the cake. Berries are one of the best fruits to eat because they have way less sugar in them. Compared to fruits like pineapples and bananas, which are full of sugar, berries are rich in antioxidants that protect your body from free radicals. Berries can, in fact, lower the chances of getting cancer. Berries are also seen to reduce estrogen in your body and boost testosterone production in the body.

20. INCLUDE BROCCOLI IN YOUR DIET

Broccoli is known to be rich in health-boosting antioxidants and other properties that are ideal for strength lifters. Broccoli is considered one of the best "man vegetables" because it helps to maintain testosterone levels and lower the estrogen level produced in the body. You can either stir fry it, boil it or eat it raw. It's perhaps one of the most organic and natural way of boosting testosterone levels in men.

21. DON'T FOLLOW VEGETARIANISM

Unless you have a strong personal belief for vegetarianism, you shouldn't follow it. While many people are switching to vegan diets, it's not always healthy for many reasons. If you have always been a non-vegetarian, you will know how our bodies rely on meat for protein. There are other good protein sources that are vegan but I don't care what any one says meat is best! But when it comes to men looking to boost testosterone, vegetarianism isn't a good option at all. Vegetarian diets are rich in fiber and soy, the two elements that are detrimental to testosterone production. As seen from the discussion above, meats like beef have a positive effect on your testosterone level which is exactly what we want! So a vegetarian diet wouldn't be a great option if you want to maintain your testosterone levels and gain strength fast.

22. GO FOR NATURAL TESTOSTERONE BOOSTERS

The market today is full of testosterone boosters that claim to have a very natural effect on your body. In fact, many products actually help you accomplish this without much concern. But in reality, nearly 99% of these boosters don't perform the way expected, thus providing substandard results at the end of the day. You should go for supplements that contain natural herbs and is backed by scientific research. The following are some of ingredients you should be looking for in a natural testosterone booster.

23. MEDIATE ALWAYS

There's a lot of buzz around mediation amongst today's on-the-go generation. If you think that meditation is something done only by monks, then perhaps you might want to rethink. Mediation, in reality, a fusion of science and spirituality that focuses on training the mind and body to function better. The practice is very simple; you only have to take deep breaths and focus your attention on them. It's a natural way to relax your muscles and mind and something I personally would really love to do more often. Mediation is often considered an antidote to stress, which has a major influence on your testosterone levels.

We often find excuses to avoid something that is healthy for us. But meditation is something which should definitely be a part of your schedule, I know it may feel weird but the benefits are honestly endless! In addition to alleviating stress and boosting testosterone levels, meditation has profound effects on the way one thinks and acts. It's perhaps the healthiest option amongst all methods described here.

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24. SAY NO TO TRANS FAT

While your body requires some amount of saturated fats in order to function properly, trans fat is something harmful for your body. Processed, frozen and deep-fried foods are often the sources of weight-inducing trans-fat. While products in the market claim that they are 100% free of trans fat, you can't always rely on such deceptive packaging. In reality, they would contain more trans-fat than one can actually imagine.

While aiming to boost your testosterone levels, you need to avoid trans-fat at all costs. You check the ingredients of packaged food properly so that you are sure to make a trans-fat- free purchase. If you see "partially hydrogenated vegetable oil" on the package, you should put that back on the shelf immediately. Consuming such foods would have a detrimental effect on your testosterone levels, trans fats are no good for your testosterone levels or your body composition.

25. GO FOR ORGANIC FOODS

Organic diets are becoming more and more popular amongst today's health-conscious generation. Pesticides, insecticides, fertilizers and other chemicals are ruining our foods in addition to our environment. Consuming foods grown with such chemicals can have a negative impact on your health, if not now later. You miss out on a number of essential nutrients that naturally-grown foods would provide. The difference between chemically and naturally-grown food items is felt in their taste itself and not only the effect it has on your body.

While shopping for groceries, go for vegetables and fruits that bear the "organic" label. Going organic would protect your body from the harmful effects of chemicals and keep cancer and other health issues at bay. Organic foods, owing to their natural growth process, retain a number of nutrients that boost your testosterone levels. Everything I buy is organic, I know it is a little more expensive but I truly do believe it is worth it!

CHAPTER TEN

INJURY PREVENTION

ALWAYS WARM UP

It is recommended that you do a warm-up exercise before a weight training session. Warming up basically involves the following three phases:

1. Mild Cardio- it's common to feel tight, sore or stiff before working out. The goal of the first phase of the warming up process is to increase the core temperature of your body. This will improve blood circulation, and warm up your stiff muscles and joints. Walking on a treadmill is a good way to start. Just 5 to 10 minutes of light cardio exercise would kick-start your body to workout.
2. Stretching- You can take out a few minutes to stretch your entire body before working out. Once you have done mild cardio to increase your body temperature, stretch at minimum the muscle groups you are focusing on. You don't have to overdo it- 5 to 10 minutes of stretching is sufficient for your body.
3. Working up sets- Finally, you prepare your mind and body for your intense heavy weight session. Most exercises need single warm up set to multiple warm-up sets before you get into the hard stuff. You can follow the guidelines mentioned below to determine the number of warm up sets you need:
 - Heavy compound exercises- Heavy compound lifts such as deadlifts, squats, overhead press and bench press strain your body. It is recommended that you perform several warm up sets for these lifts.
 - You should ensure that warm up sets don't fatigue you or tax your body. The objective of warm up sets is to set your mind, joints, muscles, tendons and most importantly the central nervous system for heavier sets. If you tire your muscles out, you will ruin your performance and lose the effectiveness of your sets.

FOAM ROLLING

Foam rolling is a type of massage that involves the use of a cylindrical foam piece that is placed on the ground. You "roll" up the foam to stretch specific muscle groups and relax tissues. However, there is some disagreement between a few coaches regarding the timing of use of the foam roller. Some coaches prefer pre- workouts, while others prefer post-workout off training days. I personally don't think it matters, just do it when it suits your day and you can incorporate it as often as you can.

CHAPTER TEN

INJURY PREVENTION

DO YOU ACTUALLY NEED A BELT WHEN PERFORMING COMPOUND MOVEMENTS?

You may be wondering whether you would be needing a belt to perform lifts. It's often a debatable subject in the strength training domain. While justifications validate both sides of the debate, most pro lifters prefer performing heavy workouts using a belt. Below are a few pros and cons of using a weight belt while performing strength training workouts:

PROS

- Lifting belts provide ample support to the spine
- A belt permits athletes to perform deadlifts and squat with more weights, thus maximizing their training sessions
- A belt is capable of raising your confidence level

CONS

- A lifting belt can lead to mild changes in your lifting form. When using a lifting belt for the first time, don't rush to putting heavy weights. You should work on your form using a belt with lighter weight.
- A belt tied too tight may hamper the flow of blood and/or lead to changes in your blood pressure.

I personally finds it takes a lot of stress off my lower back and helps keep my waist nice and tight, I prefer it.

CHAPTER ELEVEN

SPECIAL EQUIPMENT

Here are a few special equipment items you may want to train with to improve the overall quality of your strength training workout. They are listed as follows:

- 1. Box squat** - Squat boxes of varying heights are used to perfect movements and to develop explosive power from the get go.
- 2. Chains and bands** - Chains and bands are used to ease lifting weight at varying points, they are create a different form of resistance.
- 3. Lifting shoes** - Shoes with little sole are perfect for deadlifts. It is always good to stay close to the floor. Chuck Taylor's or deadlift slippers are good for strength training athletes.
- 4. Belt** - Lifting belts offer support during heavy weight lifting sessions and have the potential to increase the lifter's 1RM. But you should know that there is a difference between lifting belts used by athletes and those found in stores. Get a good a quality belt!
- 5. Knee wraps** - Knee wraps provide support to the knees as well as keeping the connective tissue and knee joint warm. When properly fitted, knee wraps can offer some spring from the ground, and can potentially add 30 to 50 pounds to your squat.
- 6. Boards** - Boards are used while performing bench press and other variations. They usually range from a single board to a five-board press. They are not commonly used but again they are an option.
- 7. Wrist wraps** - They provide stability, warmth and support to the wrist area, and prove advantageous while performing overhead or flat bench presses. I wear wrist wraps every single time I do a workout, I find they help a lot.
- 8. Elbow/knee sleeves** - These sleeves provide support, but not sufficient to raise a lifter's one rep max. You would use them to keep their elbows and knees warm.
- 9. Suits** - Deadlift, squat, and bench press suits offer support, assistance and rebound, thus proving effective in powerlifting. I personally would never wear one but there is a very good reason almost all professional powerlifters do.
- 10. Lifting straps** - These straps are fastened to the wrists and wrapped around a dumbbell or barbell to provide a strong grip. These straps will allow you to lift heavier weights and ensure more safety.

CONCLUSION

From the above discussion, it can be concluded that enhancing strength requires a high degree of dedication, perseverance and persistence. You can follow a number of healthy and natural ways to build muscle strength and boost your natural testosterone levels and the same with everything applies, the more effort you put in, the more you are going to get out. The methods discussed in this article have been adopted by a number of athletes and fitness coaches all around the world because all of this information is very effective when applied correctly.

Being strong is an incredible feeling, being healthy is an incredible feeling, having your body produce maximum testosterone is an incredible feeling and you can do all 3 by applying the information in this short book. Have a go at the strength training program I did in my last off season, follow the meal plan, sleep well, maximize your testosterone production and I am almost 100% you will see MAJOR improvements across the board in all of your lifts!

I wish you all the very best with your training, I hope you found this information valuable and have taken away a few tips that you can include into your training. Remember nothing good in life comes easy, put in the work and you will be rewarded.

Jay Piggini

