

**Five
Natural Ways
To
Increase
Testosterone**

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Many studies reveal the benefits of exercise, enhancing memory, reducing the risk of heart attacks and potentially adding years onto your life. Exercise improves strength, flexibility, endurance and the many physiological functions in the body.

The main physiological support systems in the body are endocrine, nervous, immune, digestive, respiratory, cardiovascular and musculoskeletal systems.

Digestive System

The digestive system breaks down food into nutrients for consumption and eliminates waste (nutrients not consumed by the body).

Respiratory System

The respiratory system consists of the lungs which provide oxygen to the cells. When exercising, this increases the flow of oxygenated blood in the body and helps with the elimination of waste/carbon dioxide.

Nervous Systems

The body nervous systems are composed of two, the brain and nerves. Their purpose is to receive information, store information, process information and send information. The body's nervous system can relax when you exercise. This improves circulation and lessens tension in the body.

Endocrine System

The endocrine system works diligently with the nervous system. It uses hormones in the body to control blood sugar levels, control growth, metabolism and body temperature. Exercise enhances organ function, physical fitness, can balance you hormonal and make you feel better.

Cardiovascular and Immune Systems

The heart is the center of the cardiovascular system and with blood vessels designed to carry oxygenated blood and nutrients to the entire body and remove carbon dioxide which is waste.

The blood vessels works with the lymph vessels and nodes. This is where the body immune cells are made.

The following can increase testosterone in the body:

Isometric Exercise

Isometric exercise occurs when the muscle contracts without any movement in the angle of the joint. The word "isometric" is Greek words iso means equal and metria means measuring. This means that when doing these exercises, the length of the muscle and the angle of the joint do not change. The strength applied can vary.

Isotonic Exercise

Isotonic exercise occurs when the muscle contraction strength does not change, yet muscle length and joint angle do.

The following are natural ways to increase testosterone in the human body:

There are five types of isometric exercises. They are as follows:

1) Isometric presses

2) Pulls

3) Holds

Exercises:

1. Push-ups

2. Squat

3. Pull-ups

4. High Plank

5. Wall Sit

Bonuses:

6. Calves

7. Squat and Hold

The above exercises work because they work large muscles in the body. When performing the exercises, do a full body workout three times per week with a rest day in between each workout. Also, do a variation of each exercise to get the most results.

Keep it simple. Start with your body weight (if you are deconditioned/Out of shape). Then, slowly increase the weights.

Isometric exercise starts by holding each exercise 20-60 seconds. Start low and gradually increase the time and tension once you are stronger.

1. Push-ups

Put your hands shoulder width apart on the floor. Contract your abdominal muscle and straighten your body out (your body should be in a straight line).

2. Lower your body to approximately 1 inch to the floor. Bend your arms as you go down and straighten your arm on the way up.

3. Exhale down

4. Inhale up

2. Squat

- Place your hands on your hips**
- Feet are shoulder width apart**
- Inhale and as you exhale bend your knees (do high squats and gradually move to medium and low after a period of time).**
- Then repeat.**
- Start with: 1-5 repeats**
- Rest**
- Keep it simple. Take your time.**

3. Pull-ups

- Shoulder width apart and place your hands on the pull-up bar.**
- With your arms straight, pull yourself up. Your chin is above the bar.**
- Or, pull your body up as far as you can and as you get stronger, pull up farther.**

4. High Plank

- Get your body in a push-up position on your toes and hands approximately shoulder width apart. Contract your core, glutes, quads and calf muscles.

The muscles engaged are as follows: lower back, core, triceps and shoulders.

5. Wall Sit

- Put your back against a wall while standing with your feet shoulder width apart.

- Now, back against the wall slide down the wall until your knees are at an angle of 90 degrees, approximately.

The muscles engaged are as follows: hamstring, glutes, and quadriceps

Bonuses:

6. Calves

- Place hands on your hip**
- Stand with feet shoulder width apart**
- Exhale raise your heels**
- Inhale lower your heels**

7. Squat and Hold

- Standing with your feet approximately shoulder width apart, with toes slightly turned out.**
- Hands on hips, bend your knees approximately 90 degrees.**
- Keep your back straight and chest out/up.**

The muscles engaged are as follows: Glutes, hamstrings and quadriceps.

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