



90 MINUTE

TESTOSTERONE

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TABLE OF CONTENTS

INTRODUCTION -----	PAGE 3
PRE WORKOUT OPTIMIZATION -----	PAGE 4
DRINK BLACK COFFEE-----	PAGE 5-6
EAT LESS THAN 5 GRAMS OF FAT -----	PAGE 7-8
FOODS TO EAT PRE WORKOUT -----	PAGE 8
STAY AWAY FROM WHEY-----	PAGE 9
SECRET WEAPON PRE WORKOUT -----	PAGE 10
INTRA WORKOUT OPTIMIZATION -----	PAGE 11
WHY NOT TO STRETCH -----	PAGE 12
ANABOLIC RUNNING -----	PAGE 13
STAY HYDRATED -----	PAGE 14
BPA AND TESTOSTERONE -----	PAGE 15
TAKE 6 GRAMS OF BCAAs -----	PAGE 16
OPTIMAL REST TIME -----	PAGE 17
T-BOOSTING EXERCISES -----	PAGE 18-19
POST WORKOUT OPTIMIZATION -----	PAGE 20
TAKE 5 GRAMS OF CREATINE -----	PAGE 21-22
STRETCHING -----	PAGE 23
MEDITATION -----	PAGE 24
POST WORKOUT NUTRITION -----	PAGE 25
90-MINUTE TESTOSTERONE ROUTINE -----	PAGE 26

90-MINUTE TESTOSTERONE

The Ultimate Pre, Intra and Post Workout Plan

Welcome to the 90-Minute Testosterone plan. Let's get right to it. 90-Minute Testosterone is NOT a workout routine. It's a routine or blueprint highlighting the BEST strategies to maximize your results from your workouts for building muscle and burning fat, while increasing your Anabolic Hormones.

This blueprint is like a secret weapon.

Truth be told, most guys know very little about optimizing pre, intra, and post-workout rituals for the best gains. So having your hands on this digital guide is going to give you the advantage most men dream of.

Enjoy.

Train HARD and with NO REGRETS!

Joe



PRE-WORKOUT OPTIMIZATION

This section is focused on optimizing your pre-workout routine so you can experience the greatest testosterone response while increasing your muscle-building and fat-burning potential. Most men think simply stepping in the gym and putting on a good workout is the key to great results.

Although your workout will yield 85% of your results. You're missing out on a 15% greater response in terms of losing more fat and building more muscle on a consistent, every workout basis. Compile that 15% over time and you have some serious "gains" on your hands.

Follow the tips in this pre-workout section and you will have the edge over any guy in the gym. You'll have more stamina and energy during your workouts. You'll feel stronger. Have more anabolic hormones pumping through your veins. And most importantly, you'll experience better results than you would without this routine.

At the end of this manual I'll have a perfectly laid-out, easy-to-follow schedule to maximize your gains, stress and confusion free.



DRINK BLACK COFFEE

Black coffee is king. Well, the caffeine in black coffee. So technically a caffeine supplement will do the trick. Get this. A study published in the *U.S. National Library of Medicine* shows 4 mg/kg of bodyweight consumed before a workout, increase testosterone levels by 12%.

How many cups of coffee is that exactly? Well, in one 8 oz. cup of black coffee, you consume 95 mg of caffeine. Meaning for a man who is 160 pounds (72 kg) - you'll need to drink 24 oz. of coffee. Which, for a coffee guzzler like myself, is no big deal. Yet for someone who may not have a taste for coffee or certainly doesn't want to drink that much caffeine, you can take a caffeine supplement.

And I'm not talking about a five-hour energy shot you can pick up off the register rack at the gas station. Search for high quality, all-natural caffeine supplements if needed.

BLACK COFFEE/CAFFEINE PRE-WORKOUT BENEFITS

Here's some more benefits of consuming caffeine before your workout to give you an added "edge" with your results.

1. Accelerates Fat Burning - by burning more calories. " a Spanish study, published in the *International Journal of Sport Nutrition and Exercise Metabolism*, found trained athletes who consumed caffeine pre-workout burned 15% more calories for three hours post-workout, compared to those who ingested a placebo.

The dose of the caffeine is the same which is optimal for a 12% testosterone boost. 4 mg of caffeine per kilogram of body weight. So if you want to boost testosterone levels and burn more fat at the same time, caffeine is a simple trick you can throw into your pre-workout routine. Here's some more benefits:

2. Improved Blood Circulation - for greater muscle pumps and oxygen to delivery to the muscles. Which is important because oxygen fights against lactic acid. Allowing you to eek-out an extra 1-2 reps than you normally would on a given exercise.

According to *Health Magazine*, Japanese researchers discovered people who weren't regular coffee drinkers had a 30 percent boost in capillary blood flow after drinking five ounces of regular coffee, compared to those drinking decaf.

3. Muscle Preservation - Recent research from Coventry University found caffeine helps offset age-related loss of muscle strength. Which suggests that caffeine can help preserve muscle as you age, and reduce your risk of injury. Take about a win-win-win with this all natural pre-workout.



EAT LESS THAN 5 GRAMS OF FAT

Most of us assume simply “eating healthy” is all we need before a workout. Basically, you rarely hear of someone stopping off at the McDonald’s drive-thru before a workout, right? That’s because most men assume greasy, fatty foods before a workout will hurt their performance. And you would be correct.

However, the discussion doesn’t end there. You see, even healthy fats pre-workout are not optimal for your muscle gains. Sure, your testosterone levels will be fine. Yet if you want to get as much blood and nutrients to your muscles for insane pumps and growth, eating healthy high fat foods like whole eggs, grass-fed beef, macadamia nuts, avocado, etc, is only going to stunt your results.

Reason being, the gut has to work harder to digest fat than it does carbs. The only way your body can fuel the breakdown of fat in your gut, is by sending more blood to your gut for digestion. So instead of the majority of your blood being forced to your working muscles during exercise, it’s splitting time between your gut and your muscles.

EAT LESS THAN 5 GRAMS OF FAT PRE WORKOUT

The same goes for fiber.

The less fiber you consume pre-workout, the better. In fact, I'd say consume less than 1 gram of fiber pre-workout. Just like fat, fiber takes a lot of attention from your body to digest. This takes the attention off your working muscles and pushes blood to your stomach.

I don't know about you, but when I workout I love the feeling of a pump. The thought of feeling "flat" the entire workout and having my performance lag due to lack of blood supply to my muscles (remember, blood carries oxygen to your working muscles for increased stamina) is a big, fat no. I'm sure you feel the same.

Instead, consume these carbs before your workout, along with 15-20g of lean protein.

Low-fiber carb sources:

1 whole - Sweet potato (no skin)

1 whole - White potato (no skin)

1 whole - apple (peeled)

1 whole - Large banana

2 cups - Chopped melon

8-12 oz. - Fruit juice (pomegranate/watermelon juice are great for pumps)

2 cups - Mixed berries

1/2 cup - Dried fruit

Low-fat protein sources:

4-6 egg whites

8 oz. - Boneless, skinless chicken breasts

1 serving - beef jerky

1 can - Tuna

6 slices - Fresh-cut turkey



STAY AWAY FROM THE WHEY

A study published through The *Department of Biology of Physical Activity*, shows just 25g of whey or casein protein right before exercise, significantly lowers testosterone levels and human growth hormone. And because 90-minute testosterone is all about optimizing testosterone levels for the ultimate anabolic workout response, we're going against the "bodybuilder tradition" of consuming a serving of whey protein pre and post workout.

A typical serving of whey is around 25-30 grams of protein. Instead, we encourage you to get your protein from animal protein sources not related to dairy. However, the sources of protein must be lean (remember our rule of less than 5g of fat pre-workout).

You want a protein source which is easy to digest. Such as, egg whites, boneless, skinless chicken breast, tuna, or freshly cut turkey. These meats have virtually no fat or fiber. Which are the perfect pre-workout protein source.



SECRET-WEAPON PRE-WORKOUT

Most pre-workout formulas are filled with unnecessary ingredient and artificial dyes. And they're often incredibly expensive. Which is why I'm going to give you an all-natural secret-weapon pre-workout drink that can help you last longer during your sets, increases blood flow, and can even increase strength numbers. Here it is:

Ingredients:

8-12 oz. Pomegranate juice

3-4 ice cubes

1 serving of beet root powder (you can juice 1-2 of your own beets if desired)

3 grams of beta-alanine

I recommend drinking this down along with your pre-workout protein source. It's packed with carbs and a few all-natural nitric oxide boosters for increased blood flow, stamina and muscle-pumps during your workouts. (**TIP:** you can even drink this 30-60 minutes before sex to enhance performance).



INTRA-WORKOUT OPTIMIZATION

How do you keep your body from turning catabolic during a workout? Well, the guidelines in this section are going to help you do just that. How? By maintaining high t-levels during your workout using a few simple, yet overlooked strategies.

This section is not a workout. However, you will discover the optimal types of exercise to maximize your anabolic hormones. As well as ideal rest times, and anabolic intra-workout strategies.

These tips can be included into almost any exercise regimen ranging from bodyweight workouts to strength training workouts. Cardio training. Warm-ups and so much more. Therefore, you can begin using the tools in this section to boost your t-levels and improve muscle growth and fat loss potential starting today.



STRETCHING

When to stretch - Stretching a cold muscle can cause injuries ranging from minor strains to full-blown muscle tears. In fact, research shows stretching the muscle you're about to train can cause a significant loss of strength during your actual lift. Making you weaker. And therefore, lifting less weight and stimulating less of a growth response than your true potential.

Here's another tip. You want to avoid stretching the muscles you are working during your workout as well. That is, if you want the most strength possible and a diminished risk of injury. For example, if you're performing a bench press or push-up, stretching your chest beforehand or in between sets is not optimal for your workout performance. Sure, it may "feel good" in the moment. Yet it isn't worth it.

In the post-workout section of 90-Minute Testosterone I'll share an optimal stretching method you can perform after each workout to enhance muscle growth. For now, avoid stretching. Use simple exercise warm-ups to get you started. And if you want a warm-up that will help you build-muscle, burn-fat, and skyrocket your growth hormone and testosterone levels before a workout, take a look at the next page.



ANABOLIC RUNNING (WARM-UP)

Anabolic running is THE muscle building and testosterone boosting cardio solution for men. This effective and efficient method of cardio only requires a 8-16 minutes before your workout and is shown to 7X your post-workout testosterone levels if you do it before strength training. You can consider Anabolic Running as a pre-workout or intra-workout. All a matter of what you consider part of your “workout.”

With that said - you do not have to perform your Anabolic Running workout outside. Heck, you don't even have to run. Instead, you can use a stationary bike, recumbent bike, ergometer, or simply sprint in place. Here's a sample workout to get you started. (Do THIS to boost t-levels 7X)

2-3 min warm-up on stationary bike

20 second Anabolic Running sprint (on stationary bike)

Rest 2-minutes

(repeat 4x)

2-3 minute cool down

You can learn more about the complete Anabolic Running program [HERE](#).



STAY HYDRATED

Hydration affects hormones. Period. Which is why it's crucial to stay hydrated during your workouts (and obviously throughout the day) if you want to have soaring testosterone levels.

Get this. A recent study published in the *Journal of Sports Science* shows even a mild dehydration before and during exercise can raise cortisol levels. Which, cortisol tends to reduce testosterone levels. So even a slight dehydration at rest or while exercising is likely to have a testosterone suppressing effect.

Another study published in the *Journal of Applied Physiology* shows minor dehydration during exercise can also reduce growth hormone production. Which is another key hormone for muscle growth, strength gains, and fat loss.

Now, just because staying hydrated is important, doesn't mean you can drink water out of any plastic water bottle. In fact, you need to avoid plastics at all costs to protect your t-levels. Even when exercising.

Plastic bottles, BPA and Your Testosterone Levels - Listen. I'm not trying to get nit-picky here. However, 90-minute testosterone is all about MAXIMIZING your muscle-building, fat-burning and hormone boosting results. Meaning, we pay attention to detail. So, about BPA...

A recent Chinese study compared the men who worked at a chemical plant which manufactures BPA to the men who worked at a tap water factory. The results show men who worked in contact with BPA had drastically lower serum testosterone levels and free testosterone levels compared to those working in the tap water factory.

Another study published in the scientific journal, *Reproductive Toxicology* found out that phthalates and BPA from plastic can cause delayed puberty. Lower free and total testosterone. Increased estrogen. And increased SHBG in boys between the ages of 8-14.

Which is pretty frightening. At that age, teenage boys should be thriving with testosterone as they transition into manhood. However, the chemicals in plastics have such powerfully negative effects that even a teen with increasing t-levels begins to suffer. Okay, one more study to hammer home the importance of drinking out of a BPA Free bottle or glass jar throughout the day and during exercise...

A recent study published in the *Journal of Andrology* shows BPA can cause erectile dysfunction. So if low-t wasn't enough to make you cringe, this single chemical can do some damage in the bedroom too.

With that said - glass bottles and BPA free bottles are the way to go. Or simply drink out of the water fountain. Either way, stay away from plastics. This includes during the day as well. Plastic containers, plastic cutlery and plates. Stick 100% with glassware and you'll be good as gold.



TAKE 6 GRAMS OF BCAA

Supplementing with BCAAs Lower Cortisol & Increase Testosterone

- A new study from the *Journal of Strength and Conditioning Research* shows BCAAs have can manipulate testosterone and cortisol levels. Research from Ball State University involved a group of bodybuilders that supplemented with 6 grams of BCAAs daily for four weeks.

Cortisol levels were measured 12 hours after training. The levels of the supplemented group dropped 10X. When the same individuals trained without BCAAs, the 12-hour post test showed **cortisol levels were 1000% above baseline** due to the stress caused by exercise.

Yet it get's better for those supplementing with BCAAs. **Testosterone levels rose nearly 50% above the baseline with BCAA supplementation** during a workout. However, those not supplementing with BCAA had their t-levels drop 40% below baseline. Researchers also found the concentration of creatine kinase in individuals (an indicator of muscle damage – the opposite of anabolism) was significantly higher without BCAA supplementation. Basically, you're more catabolic.



REST TIME

The optimal rest time for increasing testosterone levels is 90-120 seconds. This according to one study published in the *Journal of Strength and Conditioning Research*. With that said, if you're a powerlifter, I wouldn't recommend these short rest periods.

Reason being, if you are training at high-intensities, such as max-effort lifts within the 1-5 repetition range. You'll need longer rest periods to restore the lost ATP from the previous set. These rest periods can last as long as 5+ minutes.

Another Study published in the *Journal of Strength and Conditioning Research* shows resting 5-minutes for high intensity training (1-5 reps) have no indication of increasing testosterone levels. The same study also shows men who rest longer than 2-minutes when lifting moderate weight (rep range 8-12 reps) also have no indication of increasing testosterone levels.

So if you're a man who wants to boost his anabolic hormones during a workout, while increasing muscle size. A moderate intensity workout with 1-2 minutes of rest is perfect.

INTRA-WORKOUT OPTIMIZATION



T-BOOSTING WEIGHT LIFTING EXERCISES

Combine these testosterone boosting weight lifting exercises with the rest times we discussed in the previous section and you've got yourself a powerful recipe for building muscle and increasing anabolism.

Choose multi-joint exercises - aka, not isolation exercises like bicep curls, tricep extensions, or quad extensions. You want to use movements that require multiple joints and a large collection of muscle groups.

Squats - A study performed at the University of Texas found squats produce more testosterone and growth hormone than a similar session on the leg press machine. Although the participants pressed more weight on the leg press, their exhaustion was 42% higher after the squats. Why? Far more muscles are recruited during a squat than during a seated leg press. For that reason, we acknowledge squats as not just the top leg-building exercise, but the one of the best exercises you can perform, period.

Clean and Press - This is an Olympic exercise which works the legs, core, forearms, back, arms and shoulders in a single move. It's a bit more complex, however, it's great for increasing t-levels.¹⁸

INTRA-WORKOUT OPTIMIZATION

Deadlift - The deadlift is a multi-jointed exercise that works the biggest muscle groups in your body and is perfect for producing more testosterone. The *Journal of Strength of Conditioning Research* found a significant Testosterone increase in college-age men after performing heavy deadlifts.

This exercise will not only boost your testosterone levels but you'll also get a massive pair of legs, back and forearms as a bonus.

These three exercises are primo for increasing testosterone levels. Also, the more muscles you work, the more muscle you'll build and fat you'll burn. Which is why you'll want to include these exercises into your workouts on a regular basis.

POST-WORKOUT OPTIMIZATION



POST-WORKOUT OPTIMIZATION

Post workout is your greatest opportunity to maximize muscle-growth and increase testosterone levels even more. The strategies in this section will help you lower post-workout cortisol levels (the enemy of testosterone) for maximal anabolism, fat-loss and muscle recovery. Also, with the right post-workout meal, you will increase muscle growth by fueling your muscles with the proper nutrients for repair.

Most guys get this part wrong. However, optimizing your post-workout regimen will give you the edge for achieving your goals faster than you imagined possible. Maximize your results with these post-workout anabolic strategies.



TAKE 5 GRAMS OF CREATINE

Sure, you can take creatine pre-workout or post-workout and still experience some awesome effects. However, 90-Minute Testosterone is about giving you the BEST pre, intra, and post workout rituals for maximum muscle gains, fat loss, and increase in testosterone.

Which is why I recommend consuming creatine monohydrate post workout. According to new research published in the *Journal of International Society of Sports Nutrition*, consuming 5g of creatine post workout helped men gain more lean muscle mass, while increasing their one-rep bench press max higher than the group who took the supplement pre-workout.

Although both groups experienced increases in both. It's the men who consumed creatine-monohydrate post-workout who made the greatest gains.

Yet the fun doesn't stop there for creatine. Because it's also one of the most powerful natural testosterone boosters researched to date.

Creatine and Testosterone - Creatine increases testosterone levels while also converting it into a more bio-available form called dihydrotestosterone (DHT). DHT has roughly 3-10 times the potency of testosterone (in fact, DHT is the strongest androgen in the male body).

One study published in the *U.S. National Library of Medicine* found creatine has positive effects on the skill execution abilities of people who are sleep deprived. They found creatine significantly increased salivary testosterone levels.

So if you're someone who has a busy schedule and has trouble getting enough sleep throughout the week, although sleep is far more beneficial, supplementing with creatine monohydrate may be helpful.

Now, although overtraining is a must to avoid, here's another powerful example of creatine on your testosterone levels. A study published in the *European Journal of Applied Physiology* had 17 men who were partaking in short-term overtraining in the gym. They were divided into 2 groups, the first one got 0.3 grams of creatine per kg of bodyweight, and the second group received a placebo.

The results showed even during overtraining, the creatine group was able to preserve their power output greater than the placebo group, and the creatine group had continuously higher total and free testosterone levels. Basically, the creatine helped them maintain some decent testosterone levels. Now imagine combining creatine monohydrate without the overtraining and with amazing sleep quality. You'll be a testosterone-pumping machine!



STRETCHING

Intense Stretching Post Workout - is one of the best tactics to increase muscle recovery and growth. You'll want to use intense stretching of the trained muscle right after your workout. This type of stretching should hurt (in a good way) and last for 30-60 seconds before slowly being released.

Some examples include, holding the bottom of a chest fly with moderately heavy dumbbells. Hanging from a chin up bar with an underground close grip - while simultaneously having your training partner pulling you downward at the waist. A great bodyweight stretch would be sitting in the deepest position of a sissy squat. Here's the benefits:

Research shows this form of stretching can increase the rate of muscle growth by activating more muscle cells and the enhancing the release of growth factors (hepatocyte growth factor, myogenin, IGF-1) within muscle tissue. It's painful - yet it works.

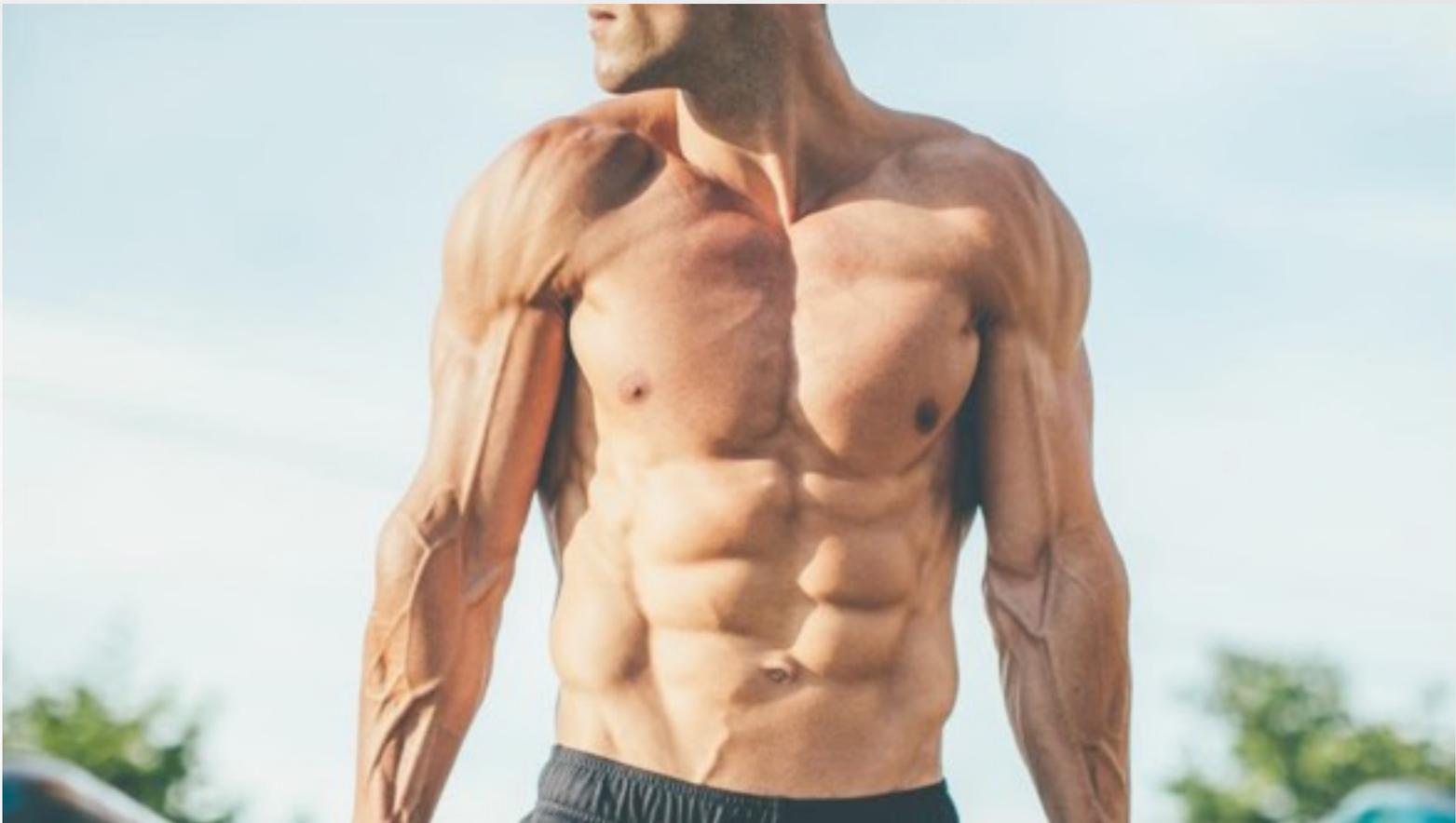


MEDITATION

Yes, meditate. This is often overlooked, yet one of the most important post-workout strategies to speed up central nervous system recovery. What does meditating look like?

Sit in a quiet room. Relax your thinking, clear your head, and focus on a slow, deep breathing pattern for 12 minutes – the amount of time research has shown to relieve CNS stress according to Elizabeth Stanley Ph.D. who works with soldiers suffering from PTSD.

This method also lowers post-workout cortisol levels. Which, high-cortisol levels will lower your testosterone, increase fat gain, and even lead to muscle atrophy. Instead, you can maximize muscle growth, fat loss, and your anabolic hormones by simply taking 12 minutes post-workout to meditate and allow your CNS to recover.



POST WORKOUT NUTRITION

Post Workout Nutrition - The same pre-workout principles apply to your post-workout meals. You want to keep blood flowing to your working muscles, not your gut by eating high fat, high fiber foods. Which is why you want to eat an animal protein (which contains the entire amino-acid profile), for increasing recovery and muscle growth.

You'll also want to consume easily digestible carbs, like potatoes, fruits, or sports drinks to replenish glycogen stores and enhance recovery the more. Save the high fat and fibrous meals for other times of the day, not revolved around your workout.

FULL 90-MINUTE TESTOSTERONE ROUTINE

Below is a full routine to maximize your testosterone levels, supercharge muscle growth, and burn more fat pre, intra, and post-workout. I suggest printing this page out to reference it before, during, and after your workouts.

30 minutes pre-workout:

Consume 4mg/kg of bodyweight of caffeine

Consume a pre-workout meal

(15-20 grams protein; less than 5 grams of fat; 30-50 grams of carbs - the carbs can come from your *secret-weapon pre-workout* drink)

Intra-workout:

Perform your Anabolic Running workout

Stay hydrated (drink 7-10 oz. every 20-30 minutes)

Drink 6 grams of BCAAs with your water (optional, yet recommended)

Keep rest-times between sets 1-2 minutes

Include at least 1 multi-joint movement (squats, deadlift, clean and press)

Post-workout:

Perform 5-minutes of intense stretching

Meditate for 12-minutes

Drink 8 oz. of water with 5 grams of creatine monohydrate

Consume a post-workout meal

(15-20 grams protein; less than 5 grams of fat; 30-50 grams of carbs)

Follow this exact guide to enhance your results, build the most muscle possible, burn fat, and maximize your anabolic hormones. It's these small changes, completed with every workout, that will give you noticeable, head-turning results. Enjoy!