



ANAEROBIC **PRIMING** POSTURE RESTORE

By Joe LoGalbo

DISCLAIMER

All Rights Reserved Copyright © 2018 and beyond – Joe Lo Fitness LLC. All rights are reserved. You may not distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician.

Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Joe Lo Fitness LLC, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Joe Lo Fitness Fitness, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

ANABOLIC PRIMING: POSTURE RESTORE

Boost Testosterone and Look 2 inches Taller

Power Posing

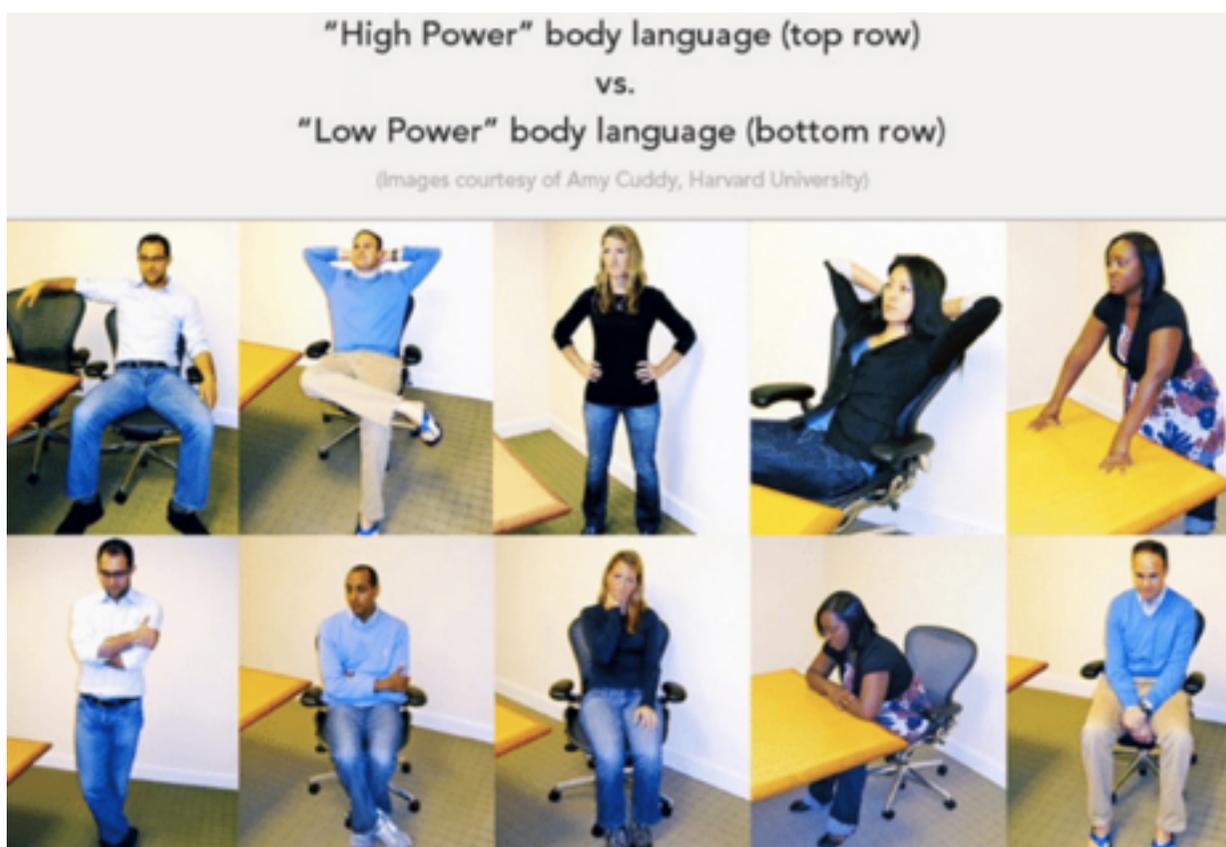
Strike a power pose and hold it... hold it... and hold it some more, you handsome devil.

Doing so will jolt your testosterone levels 20% in the next two minutes. Here's the deal...

Body language affects testosterone levels.

One study published by Harvard University and Columbia University shows participants who demonstrated high power-poses had heightened testosterone levels compared to the low-power posers.

Here's what the poses look like...



The subjects held the pose for two minutes long.

Salivary testosterone levels were tested after the two minutes and here's what the researchers found...

High power poses increased testosterone levels 20%.

At the same time, cortisol (the stress hormone shown to lower t-levels), dropped 25%.

Talk about a win-win.

The low-power posing group experienced a drop in testosterone levels by 10%... While cortisol increased by 15% (not good).

The results show body language can signal your brain and hormones to follow suit.

So if you want to be a high-powered man with 20% more testosterone compared to the next guy, it's time to start power-posing.

When it comes down to it, high-power poses are more relaxed, open, confident and assertive, while low-power poses are hunched, closed, and timid.

Think about a person in your life who you admire...

The individual who, no matter what setting they're in, just dominates the run.

Does he/she use high-power body language or low-power body language?

I think it's safe to say that they wouldn't be caught dead in a low-power pose.

Moral of the story... if you want to look and feel alpha, you've got to emanate an alpha presence.

And that's exactly what we're going to go over in this guide—high-power, alpha poses that boost testosterone and give you higher status among your peers.... No matter what setting you're in.

Before we jump into these power-poses, I want to leave you with a quote from social psychologist, author, and lecturer, Amy Cuddy.

“Our bodies change our minds... and our minds change our behavior... and our behavior changes our outcomes.”

In other words, using body language that conveys high power, happiness, and success, will, in turn, result in feeling powerful, happy, and successful—which, ultimately, results in behavior that makes you more powerful, happier, and more successful.

Before we jump into the high-power poses, let's quickly go over the dos and don'ts of posture restore.

During any social interaction, there are a number of small body-language signals you must avoid if you want to dominate the room. Likewise, there are a few key body-language signals you must convey each and every time you're in a social setting where you want to transmit power.

Posture Restore DON'Ts

- Touch and/or rub your neck
- Look down or off into space or at your phone
- Cross your legs (for the men)
- Cross your arms
- Sway from side to side
- Play with your hair
- Play with your facial hair
- Slouch

Posture Restore DO's

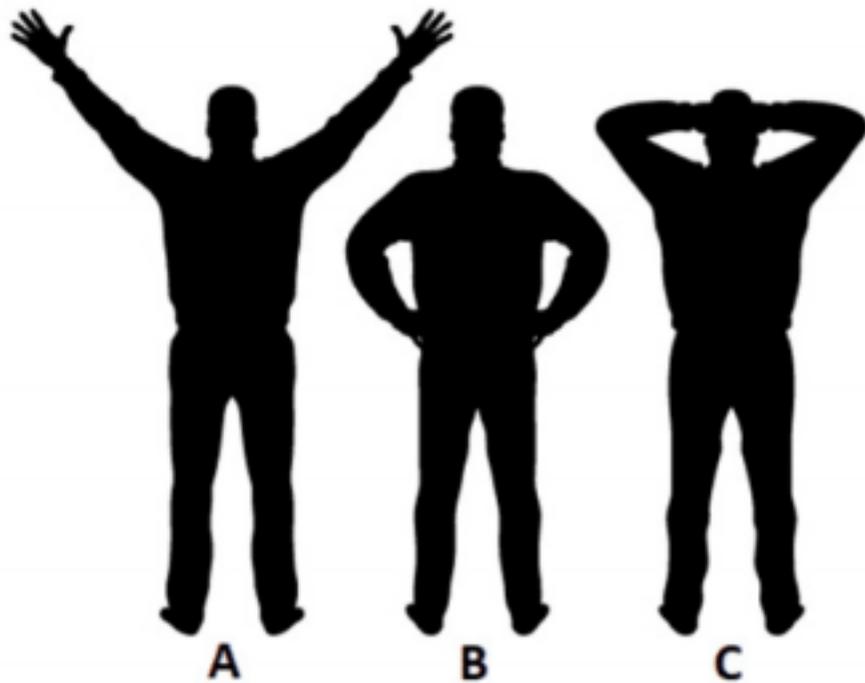
- Keep your head up
- Chest out naturally, shoulders back
- Keep eye contact
- Sit up straight

Following these rules alone will put you in a position to take control of any room or social interaction with dominant “anabolic” posture.

If you really want to set yourself up for success, however, preparation begins before you even walk into the room...

If you're anxious, unhappy, or unconfident before you step foot into a particular setting, it's going to be increasingly difficult to stick to these rules. In the next section, we'll go over a very simple, but effective, two-minute hack you can perform right before you walk into any room you want to lead, command, or influence.

Two Minute Power Pose Hack



To perform this hack, all you'll need are two minutes, your body, and some privacy. This can be performed in an elevator, a bathroom, or any other unoccupied, private room (get your mind out of the gutter!).

You'll do this for two minutes, right before you walk into a given social setting (the club, the bar, an interview, a meeting, work, etc.).

Simply get into one of these four alpha-presence power poses... that's it! Personally, I prefer A or B, but C works just as well. If two minutes is too long to sit in one pose, alternate between two of them.

6 Simple Movements To Strengthen Your Core, Back, and Spine

Hip Thrusts

To strengthen your core muscles, lower back and buttocks, try this exercise.

Lie on your back with your knees bent and with your arms flat on the floor on either side of you.

Rotating your pelvis and tailbone down, tighten your core muscles and push your lower back into the floor.

Holding this position, slowly lift your midsection off the ground, using your legs, arms and shoulders to balance.

Hold in an elevated position for 10 seconds, and slowly lower to starting position, relaxing the core muscles. Repeat 6 times.



Plank

Lie facedown on the floor with feet together and forearms on the ground.

Tighten abs in and glutes.

Lift your entire body off the ground until it forms a straight line from head to toe, resting on forearms and toes. Hold this for 30 seconds or more.

Slowly return body to the ground, keeping chin tucked and back flat. Do not lose form at the top of the movement.



Superman Exercise

Lie facedown on floor with arms in front of body, palms toward the ground.

Draw belly in, tighten glutes, and pinch shoulder blades together.

At the same time, lift arms, chest, and legs off the floor. Hold for 5 seconds. Slowly return to ground, keeping chin tucked. Repeat 5 times



Bird Dog

Balance on hands and knees.

Lift right leg and left arm, extending right leg to the rear and reaching forward with left arm. Hold for 5 seconds.

Repeat with opposite arm and leg.



Hip Crossover Stretch

Lie face up on the floor with your knees bent and about shoulder width apart.

Cross your right ankle over your left knee.

Use your hands to slowly pull your right knee toward your left shoulder.

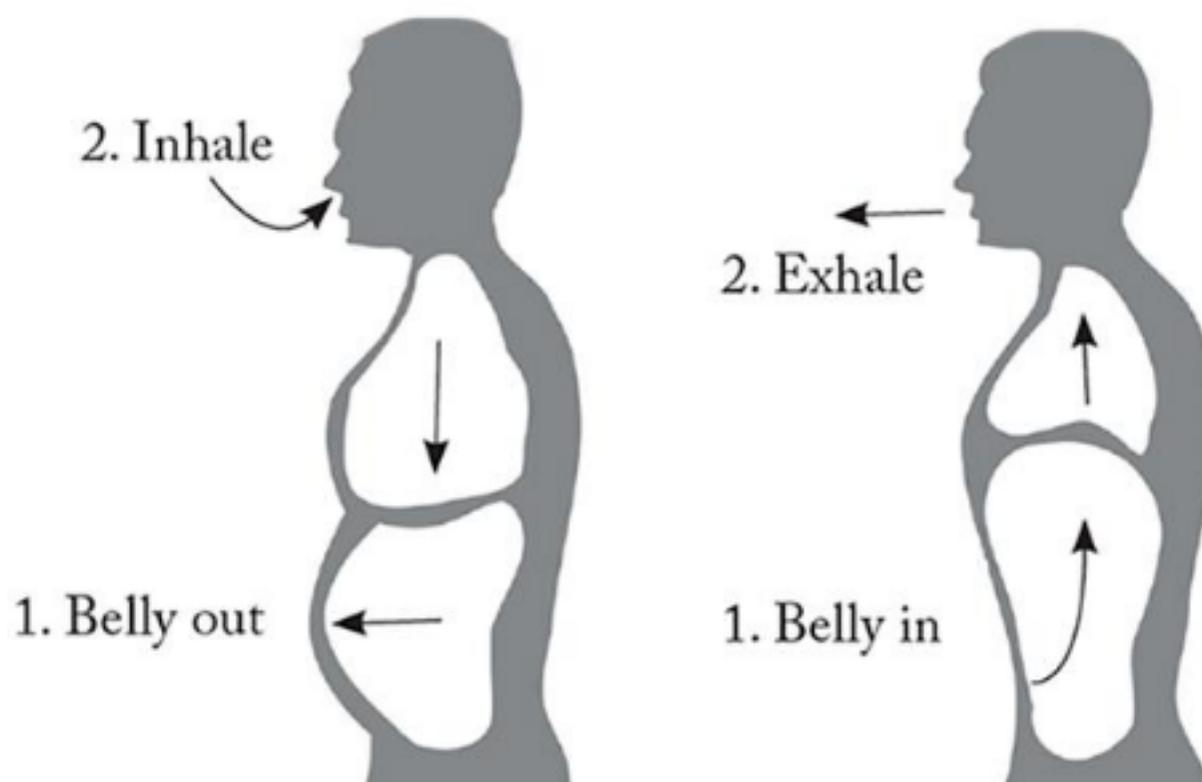
Hold this position for 30 seconds. You should feel a stretch in your hips and buttocks. Repeat the above three times on each side.



Diaphragmatic Breathing

Our natural breathing pattern is diaphragmatic breathing, which occurs deep in your abdomen rather than in your chest.

The muscles you use for diaphragmatic breathing are the same muscles used for our core stabilizing. Those muscles include the diaphragm itself and the transverse abdominis that keeps pelvic-lumbar alignment, while also supporting the upper torso and spine.



Use these posture improving strategies and posture positions to increase testosterone levels and to improve and strengthen your spine, neck, and core. Also, be sure to reference back to the Tension Release manual for spot specific joint soothing as painful joints can affect your posture as well.

Your friend and coach,
Joe

Foot rotations

Stand with one foot aligned at a 90 degree angle.

Slowly rotate your foot from the ankle clockwise and then counter-clockwise for 15-seconds per direction. Do same for both feet.

“Writing the alphabet”

Similar as to how you perform the foot rotations above, spell out every letter of the alphabet per foot. This takes a bit longer than the previous two, however, it does soothe tension and prepare you for additional strength exercises.

For Strengthening The Ankle:

Single leg stance

- Stand in place, foot flat on the floor.
- Lift opposing leg and stand still for 30 seconds
- Switch legs and repeat

Heel raises

- Start flat on your feet
- Raise up on toes on both feet
- perform 20-30 repetitions slowly & controlled

Point and flex

- similar to the ankle pumps, however do not “pump...”

Instead, point, flex, and hold for 30-seconds per ankle.

Knee Workout

Warm up:

Mini squats

PRECAUTION: Stop this exercise if it hurts your knees.

- Hold onto a counter, table, or wall for support.
 - Stand straight with feet directly under your hips.
 - Turn your feet slightly outward.
 - Slowly bend knees to lower your body 2-3 in.
 - With your feet flat on the floor do little squats.
- Do not bend your knees below a 90-degree angle.*
- Hold for a count of 5.
 - Repeat 5 times

Alternating Hamstring Curls

- Place your hands onto a wall.
- Facing the wall, slowly curl one leg up.

Perform 10-20 reps slowly before switching to the other leg.

For Strengthening The Knee:

Seated knee extension

- Sit on a chair

With one leg at a time lift your leg straight bringing knee just before full extension

- Perform 10 repetitions per side, slowly.

Supine knee extension

Slide your heel away from your bottom to straighten your leg.

Go as far as feels comfortable and try to straighten your leg at the bottom by pushing your knee down towards the ground.

- Return to the start position.

Hip Workout

Warm up:

Hip circles on back

Sit on the floor with your legs extended in front of you.

Lift your legs, keeping them straight and together, and lean back onto your forearms.

Brace your core and make circles with your legs. Pause, then repeat in the opposite direction. 15 seconds per direction.

Alternating Knee Lifts

Engage your abs and keep your spine neutral as you lift your feet off the floor.

Keep your back muscles engaged and shoulders down as you lift one knee towards your chest, then lower and lift the other knee.

Perform 10-20 repetitions per leg.

For Strengthening The Hips:

Seated knee extension

Lay on your side. Your under-arm should be bent under your head/neck for support. The other hand, on the outside of the hip for support.

Torso should be straight down to your knees. Your knees bent with your legs at a 45 degree angle, feet together.

While keeping your torso and feet stationary. Spread your knees as far apart as you can. Return knees to starting position.

Repeat exercise for 10-20 reps per side

Standing side leg lift

Stand holding firmly onto a chair, rail, or wall and slowly lift leg to the side, one leg at a time.

Repeat exercise for 10-20 reps per side

Shoulder Workout

Warm up:

Shoulder circles

With shoulders relaxed and arms resting loosely at your sides (or in your lap if you're seated), gently roll your shoulders forward, up, back, and down.

Reverse direction. You can do this exercise alternating shoulders or both at the same time.

For Strengthening The Shoulders:

Standing V-raise

Grab a 5-to 8-pound dumbbell in each hand and stand with your feet

shoulder-width apart, arms at your sides (A).

With arms straight but not locked, raise the weights in a V shape until your arms are parallel to the floor (B).

Hold for 1 second, then return to start. Do 12 to 15 reps.

Pre Bed Routine That Soothes Joint Pain

Move Your Joints

Your joints are meant to move, so the exercises in the previous section are great before bed. Because the more you keep them immobile, the stiffer and more painful they'll become. Which only disrupts your sleep, causing you to wake up in pain.

Stay as active as you can and do stretches intended to maintain strength and range of motion in your joints as prescribed in the previous section.

Use Pillows Strategically

Where and what type of pillows you use when sleeping is important. If you have neck (cervical) pain, use a standard pillow that's firm but not too high. For hip or knee pain, try a wedge pillow next to you or a small pillow placed between your knees.

Have a set sleep routine

Get into a routine that encourages restful and deep sleep. Joint pain at night can affect your ability to sleep. However, it will be easier to avoid if you practice good sleeping habits. For example:

- * Going to bed and waking up at the same time each day
- * Reducing alcohol use before bed
- * Avoiding prolonged use of sleeping pills
- * Not looking at computer, phone or TV screen two hours before bed
- * Keep your bedroom cool
- * Minimize distraction in your bedroom, by making it ONLY for sleep

Reduce Tension

Shrink the physical toll stress has on your body by spending the last hour or 30-minutes of your evening in prayer, gratitude journaling, positive thinking, reading, or other light activities that reduce the stress of the day. You want your cortisol levels as low as possible before bed to prevent painful inflammation.

(Bonus) Want to Boost Testosterone and increase muscle gains while you sleep? [Check out Anabolic Sleeping](#)

Following the routines in this guide will help you relieve your joints and soothe tension throughout your body.

Be sure to follow daily practices of stress free/stress reducing activities to also release the tension that comes with every day stress. Tension which can take place in your head, neck, and even cause body aches.

Sleep well. Reduce stress. Perform the movements in this guide and feel your body release itself of pain.

To a pain free body!

Train HARD and with NO REGRETS!

Joe

