

Re: Testosterone

HP Hooded Cobra 666

Hit the Gym and eat healthy. That way you will have higher testosterone levels. Not by eating all the supplements of the world. Hard training, challenging exercise. It will kick away your depression. You need to become stronger physically. And pack on muscle or lose some tummy. You do not need to become like "The Rock" but you need to have this type of training too. If you have another type of training, consider doing heavy weightlifting training 2 times.

Maybe kettlebell and TRX 1 time each a week, or some similar form of exercise. You will really hit the peak with all this and become far more powerful than you were. That way you build your body all round, adding mass, not losing functionality, working on your muscles as a chain. If you add strong cardio one day too, this will improve your circulation and all the benefits this entails.

Arrange your diet and slowly start it if you haven't already. This all is THE ideal. You can choose one and devote to it, but weightlifting will increase your testosterone like nothing else.

HAIL SATAN!!!!

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