



# Exercises to Boost Testosterone! 🏋️💪



## **The most effective exercises for boosting testosterone.**

Father's Day is coming up soon. We know that there are dads out there who want strategies to improve performance in the gym. There are hundreds of different exercises that you can do, but there's only several exercises that you need to boost testosterone levels.

Here's a short list of exercises that give you the highest return on investment. These are the exercises that you should be doing if you're short on time and want the best results possible. These are some of the most fundamental exercises that you can do.

## Testosterone-Boosting Exercises

- 1) **Squats:** Hits larger muscle groups (legs, hips, core). Hitting more muscle groups encourages more testosterone production.
- 2) **Deadlifts:** Full-body exercise that targets posterior chain (hamstrings, glutes, back) and requires a lot of energy.
- 3) **Benchpress (or) push-up:** Bench press targets chest, shoulders, and triceps. The push-up is a full body exercise that also targets the abdominals and upper back muscles.
- 4) **Overhead press:** Engages shoulders, trapezius, rhomboids, and the rest of the upper-body.
- 5) **Pull-ups (or) lat pull-downs:** Works major muscle groups of the upper-body (back, arms, and shoulders). You can even target biceps by doing a chin-up.
- 6) **Sprints:** Explosive drill that uses major muscle groups (quads, hamstrings, glutes, and calves). Activates the hypothalamic-pituitary-gonadal axis, a system that increases testosterone production in the body.

If you're new to resistance training or have a history of injury, these exercises can be performed with light weights and low intensity. If you choose to increase the intensity of these exercises, make sure that you're giving yourself adequate rest and recovery. At least a day or two between performing these exercises is optimal for muscular hypertrophy. You only need 2-3 days of resistance training to reap the benefits of muscle growth and increased testosterone production.

Be creative and find ways to incorporate these movements into your training routine. A foundation of resistance training, long walks, and a few sprints can have a dramatic effect on your body composition and health.