

# REAL FIGHTER

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# Legal Juice

**Turn to the** sports section of any newspaper in the country and invariably you will find an article on athletes who are accused, convicted or confessing to being on “the juice.” But what does “the juice” really mean? Literally, it refers to anabolic steroids, but figuratively it represents a shortcut, a quick and easy way to getting the benefits of increased levels of the male sex hormone testosterone.

After you hit your late 20s, your body’s production of testosterone slowly starts to drop off, and by the time you reach your 40s, you begin to experience a loss in muscle mass, decreased strength and an overall drop in performance—both in the gym and in the bedroom. Inversely, a boost in your natural supply of testosterone will provide an increase in muscle mass, a corresponding increase in strength and power, a lower body-fat percentage, improved mood, a desire to train hard, an increased sex drive and even a decrease in bad cholesterol levels.

If these benefits sound like something you’re after, then follow our 10 proven ways to naturally ramp up your own natural testosterone levels no matter your age.

**1) Perform compound movements.** Take a look at competitive powerlifters, the guys who compete in the squat, deadlift and bench press. Due to their training, these guys have some of the highest natural testosterone levels on earth. This is because the more muscle you activate in one collective effort, the greater the stress on your body and the greater the testosterone response.

**2) Lift heavy weights.** To optimally activate testosterone production, you must lift heavy weights. The weights you lift need to be 85% or greater of your 1-rep max at least once a week. Keep your reps to 6 or less. You must stress your body to the point of straining to force your natural juice production up. “No Strain, No Gain” should be your mantra on max-effort days.

## TEN PROVEN WAYS TO BOOST YOUR TESTOSTERONE NATURALLY.

by Greg Werner, MS, MSCC, SCCC, CSCS



## conditioning room

**3) Go to failure.** Besides max-effort training, research has proven that performing moderate to high volumes of work (7–10 reps per set) also stimulates testosterone production. The key here is to lift 70–80% of your 1-rep max to failure for 3–5 sets with short rest intervals. Make your muscles burn, quickly rest and then make them burn some more.

**4) Fluctuate your workouts.** Switch off between max-effort and high-volume-effort workouts. Every three weeks, change the sets, reps, intensity and exercises you are doing. This keeps the stimulus fresh and will prevent your body from hitting a plateau. At the end of 12 weeks, take one week off and then cycle back through, increasing your sets and reps. If you train three days a week, switch off max days and repetitive days. If you train four days a week, perform a max upper-body workout followed by a max lower-body, then a high-volume upper-body workout and a high-volume lower-body workout.

**5) Get enough sleep every night.** If you do everything right during the day and ignore the fact that sleep is when your body fully recovers, you will fail the final exam. The fact is, you must sleep harder than you train to see optimal results. According to a study at the University of North Carolina, not getting adequate sleep can lead to a 40% drop in testosterone levels.

**6) Consume good fats.** Most people still avoid dietary fat like the plague, however, eating a fat-restricted diet will suppress your testosterone output. Fat, and even dietary cholesterol, contains vital precursors that help produce testosterone, so not getting enough in your diet will reduce your testosterone production. Dietary fat should make up between 20–30% of your daily calories and should come from olive oil, nuts, fish and even red meat.

**7) Eat cruciferous vegetables.** Broccoli, cabbage, cauliflower, turnip greens, collard greens, mustard greens, kale, bok choy, Brussels sprouts and radishes are all rich in a phytonutrient called indole-3-carbinol (I3C). I3C, one of the major anticancer substances found in vegetables, is a member of the class of sulfur-containing chemicals called glucosinolates, which have been shown to cut estrogen levels in half in men. Consume at least two servings of these crucial vegetables each day to minimize estrogen and boost testosterone. If you can't develop an appetite for these foods, I3C is available in supplement form.

**8) Get enough calories.** Since following a low-calorie diet has been proven to decrease testosterone production, the conundrum is that you must eat enough for positive muscle growth without overeating and gaining fat, as excess body fat contains more of the enzyme that converts testosterone into estrogen. To figure out your own calorie needs, multiply your body weight by 18–20 calories. For example, if you are a hard-training 180-pounder, you need to ingest between 3,250–3,600 calories per day. Your daily calorie distribution should be made up of approximately 40% carbs, 30% protein and 30% fat.

**9) Eat several small meals per day.** Get away from the typical American plan of eating three large meals, and incorporate six to seven smaller feedings throughout the day. Focus on consuming small meals composed of a lean protein source, low-glycemic carbs and a small amount of good fats. Options can be as easy as a protein shake made with lowfat milk and some flaxseed oil or a few ounces of lean roast beef rolled in a slice of mozzarella cheese with a piece of fruit on the side.

**10) Consume a post-workout meal.** Research has shown that eating a meal of protein and high-glycemic carbs (simple sugars) immediately after a workout causes a drop in testosterone levels in the blood. Don't worry, it's a good thing in this case. It appears that the decrease in testosterone levels is due to the fact that more of the hormone is being taken up by the muscle to bind to its receptor and stimulate muscle growth. 🏋️

FAT CONTAINS VITAL PRECURSORS THAT  
HELP PRODUCE TESTOSTERONE,  
SO NOT GETTING ENOUGH IN YOUR  
DIET WILL REDUCE YOUR TESTOSTERONE  
PRODUCTION.

