Twitter Thread by Daniel Raz | Fat Loss Trainer



Daniel Raz | Fat Loss Trainer
@DanielRaz_Fit



3 steps to MASSIVELY boost testosterone:

Low testosterone leads to:

- Anxiety
- Brain fog
- Exhaustion
- Mood swings
- Reduced sex drive
- Increased risk of injury
- Harder time build muscle

Here’s how to avoid all these:

1. Compound movements

Compound movements work multiple muscles or muscle groups at a time.

This is the most efficient way to build muscle.

More muscle triggers your body to produce more testosterone.

2 examples of compound exercises are knee push ups and wall sits:

Knee push ups

Have your palms shoulder width apart

Have your knees hip width apart and avoid arching or sagging your back

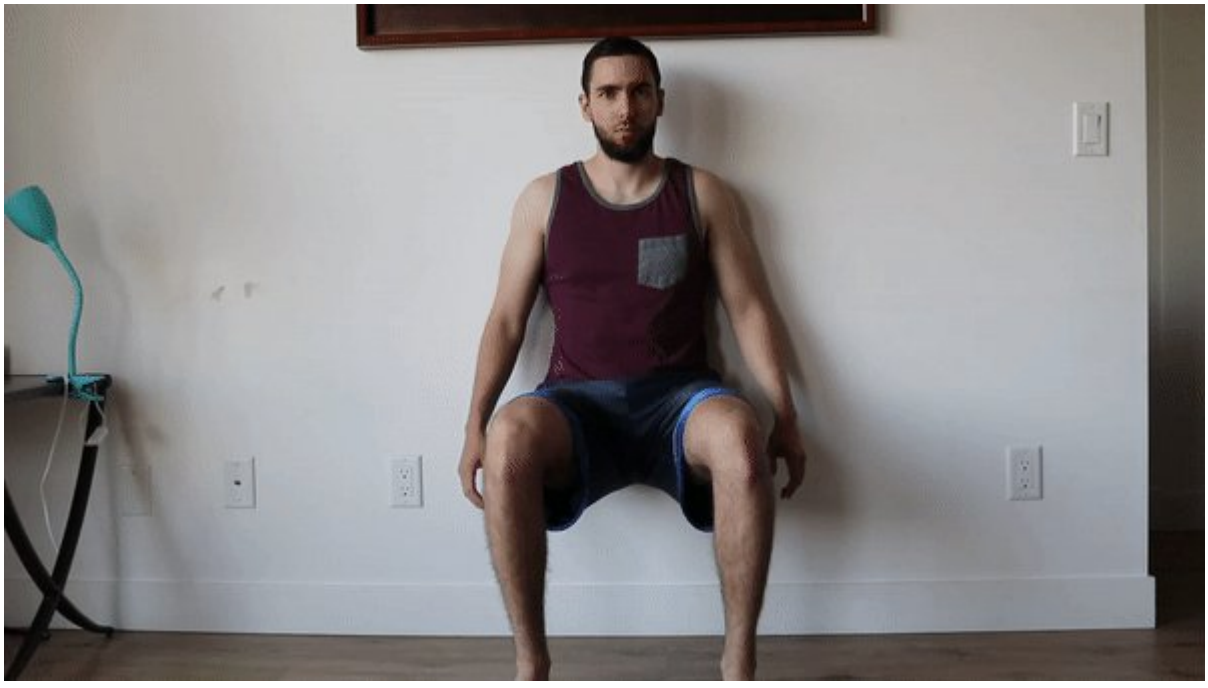
You can place a mat, pillow, or towel under your knees to ease pressure



Wall sits

Have your butt, back, and head on the wall with your arms by your sides and ankles, knees, and hips all in 90 degrees.

Hold this position.



2. Lose fat

Best diet is a YOU diet

Write a list of everything you enjoy eating.

Then underline what’s also healthy.

This is 80% of your diet.

10% eat whatever you want.

10% try new healthy food.

3. Improve sleep quality

These always help me significantly:

- Cool environment (19C/68F, hot shower before bed, sleep naked)

- Dark as possible (black out curtains, eye masks, covering all lights)

- Low stimulation (journal/mediate, avoid social media/triggering activities)

15 honorable mentions that also help boost testosterone:

1. Have more sex

2. Improve your posture

3. Get regular exposure to the sun

4. Limit alcohol as much as possible

5. Ensure you’re eating enough protein

6. Quit smoking and avoid 2nd hand smoke

7. Lower Cortisol

8. Aim to eliminate medication

9. Avoid or at least limit alcohol intake

10. Get sufficient vitamin D, zinc, and magnesium

11. Limit exposure to environmental toxins, such as pesticides and plastics

12. Try fasting for 16-48 hours

13. Reduce intake of soy products

14. Minimize sugar and processed food as much as possible

15. Consume more garlic, healthy fats (fatty fish/avocado/nuts), mushrooms, berries, and pomegranate juice

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My goal is to help you with:
-fat loss
-increase energy
-more confidence

https://t.co/gmULq33O7Y

> 3 steps to MASSIVELY boost testosterone:
>
> — Daniel Raz | Fat Loss Trainer (@DanielRaz_Fit) March 6, 2023

If you're looking to

-Lose over 30lbs
-Stop using medication
-Fit better into your clothes

WITHOUT going to the gym

DM me "weight loss" and I'll help you out

https://t.co/M3PnGJOmMl