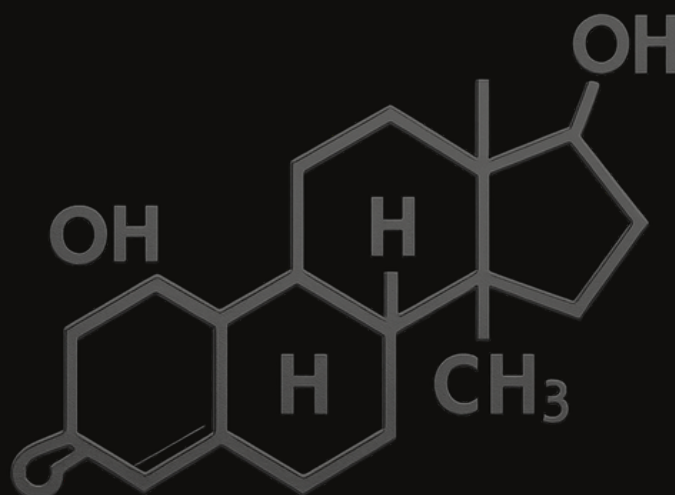




TESTOSTERONE OPTIMIZATION GUIDE



01 Overview

Testosterone is a critical hormone that governs male vitality, strength, libido, confidence, cognitive function, and overall well-being. Modern lifestyle factors-such as chronic stress, poor nutrition, lack of sleep, and disconnection from nature-contribute to its decline. This is an entry level protocol is designed to help you naturally optimize testosterone levels through holistic, actionable lifestyle changes.



CONCEPT

Use each category respective to your current routine and lifestyles making adjustments as you see fit. Use in conjunction with the Downloadable Test Protocol Tracker

02 Objective

The purpose of this guide is to help you kickstart a baseline lifestyle optimized for testosterone.

We strongly recommend getting your blood work tested before beginning this journey — and again 60 days in — to track your progress and ensure alignment.

Additional resources are available for each category covered in this guide, along with personalized coaching tailored to your unique goals and lifestyle.



CONSULT PROFESSIONALS

This is not medical or therapeutic advice. It is a coaching framework designed to support optimal health and lifestyle enhancement

Morning Rituals



01

Sunrise Exposure (10-30 minutes)

EXPOSE YOUR EYES AND SKIN TO NATURAL LIGHT WITHIN 30 MINUTES OF WAKING. SIT OR STAND OUTDOORS FACING THE DIRECTION OF THE RISING SUN WITHOUT SUNGLASSES, ALLOWING SUNLIGHT TO ENTER THE EYES INDIRECTLY. MAINTAIN AN UPRIGHT, RELAXED POSTURE-IDEALLY BAREFOOT IN THE GRASS-TO SYNC YOUR CIRCADIAN RHYTHM, STIMULATE DOPAMINE PRODUCTION, AND CATALYZE TESTOSTERONE PATHWAYS.

- **Research:* Leproult & Van Cauter, JAMA (2011) - Sleep and circadian rhythm impact on testosterone levels.

- **Practical Tip:* Aim for 10-30 minutes between 6:30 AM and 8:00 AM depending on your location. Avoid direct staring; instead, scan the horizon naturally

02

Cold Shower or Cold Exposure (2-5 minutes)

BEGIN YOUR DAY WITH A COLD SHOWER OR OUTDOOR COLD EXPOSURE (ICE BATH, COLD PLUNGE, OR BRISK OUTDOOR EXPOSURE). THE SHOCK RESPONSE INCREASES NOREPINEPHRINE AND DOPAMINE, AIDING RESILIENCE AND INDIRECTLY SUPPORTING TESTOSTERONE PRODUCTION.

Research: Cakir et al., Neuro Endocrinol Lett (2010) - Cold exposure acutely increases testosterone in animal studies.

03

Grounding/Earthing (10 minutes)

SPEND TIME WITH YOUR BARE FEET IN CONTACT WITH SOIL, GRASS, SAND, OR CONCRETE. THIS DISCHARGES STATIC ELECTRICITY, REDUCES CORTISOL, AND INCREASES PARASYMPATHETIC NERVOUS SYSTEM ACTIVITY.

Research: Cakir et al., Neuro Endocrinol Lett (2010) - Cold exposure acutely increases testosterone in animal studies.

Movement & Exercise



01

Compound Resistance Training (3-5x per week)

BETWEEN 4-8 FOR STRENGTH AND 8-12 FOR HYPERTROPHY. TRAIN MAJOR MUSCLE GROUPS WITH INTENSITY, USING PROGRESSIVE OVERLOAD AND ADEQUATE RECOVERY.

- *Research:* Kraemer & Ratamess, Sports Med (2005) - Compound resistance training increases acute testosterone.

02

Sprinting & HIIT (1-2x per week)

PERFORM SHORT, MAXIMAL-EFFORT SPRINTS (E.G., 6 X 20-30 METERS) OR HIIT SESSIONS (30S ALL-OUT, 90S REST FOR 4-6 ROUNDS). THIS FORMAT HAS BEEN SHOWN TO SIGNIFICANTLY ELEVATE TESTOSTERONE AND GROWTH HORMONE.

Research:* Crewther et al., J Strength Cond Res (2011) - Sprint training significantly raises testosterone levels.

03

Daily Movement

INCORPORATE AT LEAST 10,000 STEPS PER DAY THROUGH WALKING, PLAYING WITH YOUR KIDS, OR DOING PHYSICAL CHORES. THESE LOW-INTENSITY MOVEMENTS IMPROVE METABOLIC HEALTH, CIRCULATION, AND HORMONAL REGULATION.

Research: Archer et al., J Am Geriatr Soc (2007) - Daily physical activity correlates with higher testosterone in older men.

Nutrition & Supplementation



01

Protein & Fat Intake**

CONSUME 1.2 TO 1.5 GRAMS OF PROTEIN PER POUND OF LEAN BODY MASS DAILY FROM HIGH-QUALITY SOURCES SUCH AS PASTURE-RAISED BEEF, BISON, CHICKEN, WILD-CAUGHT FISH, FREE-RANGE EGGS, AND ORGAN MEATS. PAIR THIS WITH HEALTHY FATS-LIKE OLIVE OIL, AVOCADOS, GRASS-FED BUTTER, AND FATTY FISH-FOR OPTIMAL HORMONE SYNTHESIS.

Research: Volek et al., J Appl Physiol (1997) - High-fat diets correlated with higher testosterone.

02

Micronutrient Optimization

ENSURE DAILY INTAKE OF ZINC (15-30MG), MAGNESIUM (400-500MG), VITAMIN D3 (2,000-5,000 IU), AND BORON (3-6MG). THESE MINERALS DIRECTLY SUPPORT TESTOSTERONE SYNTHESIS, FREE TESTOSTERONE BIOAVAILABILITY, AND LOWER SHBG (SEX HORMONE-BINDING GLOBULIN).

Research:* Prasad et al., Nutrition (1996); Pilz et al., Horm Metab Res (2011)

03

Intermittent Fasting (Optional)*

ADOPT A 16:8 FASTING WINDOW (16 HOURS FAST, 8-HOUR EATING WINDOW) TO IMPROVE INSULIN SENSITIVITY, INCREASE GROWTH HORMONE, AND MAINTAIN A LEANER BODY COMPOSITION-ALL OF WHICH CONTRIBUTE TO HIGHER TESTOSTERONE LEVELS.

- *Research:* Moro et al., J Transl Med (2016) - Intermittent fasting improved testosterone/IGF-1

Nature & Outdoors Integration



01

Forest Bathing & Nature Walks*

SPEND AT LEAST 30-60 MINUTES IMMERSED IN A NATURAL SETTING LIKE A FOREST, BEACH, OR PARK. PRACTICE SLOW, MINDFUL WALKING WITH DEEP BREATHING. THIS REDUCES CORTISOL AND ENHANCES PARASYMPATHETIC RECOVERY, INDIRECTLY SUPPORTING TESTOSTERONE.

Research:* Park et al., Environ Health Prev Med (2010) - Forest bathing lowers stress hormones.

02

Sunlight & Vitamin D

GET SUN EXPOSURE ON YOUR SKIN (ARMS, LEGS, AND TORSO IF POSSIBLE) BETWEEN 8:00 AM-10:00 AM FOR 15-30 MINUTES. SIT OR STAND TALL WITH SHOULDERS BACK AND CHEST OPEN. AVOID SUNSCREEN DURING THIS TIME TO ALLOW VITAMIN D SYNTHESIS. SUNLIGHT THROUGH THE EYES (NOT DIRECTLY LOOKING AT THE SUN) ALSO REGULATES HORMONAL RHYTHMS.

Research:* Wehr et al., Clin Endocrinol (2010) - Low vitamin D correlates with low testosterone.

03

Outdoor Challenges

ENGAGE IN ACTIVITIES SUCH AS HIKING, ROCK CLIMBING, SURFING, MARTIAL ARTS IN OPEN AIR, OR ADVENTURE RACING. THESE EXPERIENCES STIMULATE DOPAMINE AND COMPETITIVE DRIVE, ENHANCING TESTOSTERONE OUTPUT.

Research:* Zilioli & Watson, Horm Behav (2013) - Male competition and risk-taking linked to testosterone.

Mindset & Emotional State



01

Dominance Posture & Power Posing

ASSUME OPEN, UPRIGHT POSTURES FOR 2 MINUTES DAILY-ARMS OVERHEAD, FEET PLANTED, CHEST EXPANDED. THIS TEMPORARILY INCREASES CONFIDENCE AND SALIVARY TESTOSTERONE.

Research:* Carney et al., Psychol Sci (2010) - Power poses increase testosterone temporarily.

02

Stress Reduction Techniques

PRACTICE 4-7-8 BREATHING, 10-MINUTE DAILY MEDITATION, GUIDED COLD PLUNGES, AND DIGITAL DETOXING. THESE TECHNIQUES LOWER CORTISOL, ALLOWING TESTOSTERONE TO THRIVE.

Research:* Rubinow et al., Am J Psychiatry (1994) - Chronic stress lowers testosterone.

03

Mission-Driven Living

CREATE PERSONAL GOALS ROOTED IN RESPONSIBILITY AND LEADERSHIP-STARTING A BUSINESS, LEADING A MEN'S GROUP, TEACHING YOUR KIDS A SKILL. PURPOSE AMPLIFIES TESTOSTERONE THROUGH CHALLENGE AND IDENTITY.

- *Research:* McIntyre et al., Horm Behav (2006) - Testosterone increases in competitive/purpose-driven states.

Female Exposure & Sexual Energy



01

Flirtation & Social Dynamics

ENGAGE IN CASUAL CONVERSATION OR FLIRTATION WITH WOMEN IN SOCIAL SETTINGS LIKE CAFES, GYMS, OR NETWORKING EVENTS. LIGHT, PLAYFUL INTERACTION BOOSTS TESTOSTERONE AND SOCIAL CONFIDENCE.

Research:* Roney et al., Horm Behav (2003) - Interaction with attractive women raises testosterone.

02

Physical Touch & Polarity

MAINTAIN ROMANTIC AND PHYSICAL INTIMACY WITH A PARTNER. MASSAGE, AFFECTION, AND SEX INCREASE OXYTOCIN AND TESTOSTERONE.

Research:* Exton et al., Psychoneuroendocrinology (2001) - Sexual activity boosts testosterone.

03

Semen Retention (Controversial/Optional)

REFRAINING FROM EJACULATION FOR 3-7 DAYS MAY INCREASE TESTOSTERONE AND FOCUS IN THE SHORT TERM. USE THIS PRACTICE MINDFULLY ALONGSIDE PURPOSE AND DISCIPLINE.

Research:* Jiang et al., J Zhejiang Univ Sci (2003) - 7 days abstinence increased testosterone temporarily.

Sleep & Recovery



01

Deep, Uninterrupted Sleep (7-9 hours)

TESTOSTERONE IS PRIMARILY PRODUCED DURING REM SLEEP. PRIORITIZE CONSISTENT BED/WAKE TIMES, COLD/DARK ROOMS, AND PRE-SLEEP WIND-DOWN ROUTINES.

Research:* Leproult & Van Cauter, JAMA (2011) - Sleep restriction drops T levels by 10-15%.

02

Screen Curfew (1 hour before bed)

SHUT OFF PHONES, LAPTOPS, AND TVS 60-90 MINUTES BEFORE BED. USE CANDLES, LOW-LIGHT LAMPS, OR RED LIGHT. THIS PROTECTS MELATONIN AND TESTOSTERONE CYCLES.

Research:* Chang et al., PNAS (2015) - Evening screen use reduces melatonin and sleep quality.

03

Recovery Days

TAKE 1-2 ACTIVE REST DAYS WEEKLY. ENGAGE IN LIGHT MOBILITY, SAUNA SESSIONS, FLOAT TANKS, OR BAREFOOT WALKS IN NATURE TO SUPPORT PARASYMPATHETIC RECOVERY.

Research:* Jiang et al., J Zhejiang Univ Sci (2003) - 7 days abstinence increased testosterone temporarily.

Long-Term Strategy



01

Cycle Intensity

USE DELOAD WEEKS OR ROTATE TRAINING VOLUME TO AVOID ADRENAL FATIGUE. FOR EXAMPLE: 3 WEEKS OF HIGH INTENSITY FOLLOWED BY 1 WEEK OF REDUCED VOLUME.

02

Track Progress

GET BLOOD PANELS EVERY 6-12 MONTHS MEASURING TOTAL AND FREE TESTOSTERONE, SHBG, LH, FSH, CORTISOL, AND VITAMIN D.

03

Community & Brotherhood

SURROUND YOURSELF WITH OTHER MEN PURSUING STRENGTH, DISCIPLINE, AND GROWTH. JOIN KICKBOXING CLASSES, GROUP TRAINING PROGRAMS (LIKE CROSSFIT OR F3), MEN'S RETREATS, HUNTING TRIPS, OR JIU-JITSU SCHOOLS. SHARED SUFFERING AND CAMARADERIE BUILD CONFIDENCE, MOTIVATION, AND TESTOSTERONE.

- *Research:* Mazur & Booth, Psychol Today (1998) - Male bonding and group status influences T levels.



This protocol is a toolkit. Implement it in phases or in full. The more you live in alignment with nature, discipline, and purpose-the more your body will reward you hormonally. Use this as a foundation and evolve it into your own legacy ritual.

Reach out to The Compound Method Team to unlock your custom protocol for strength, performance, and total self-optimization.

