

DOBERMAN DAN'S SPECIAL REPORT...



How To Rapidly Boost Testosterone Levels For Big Muscle Mass Gains... Without Anabolic Steroids!

Dear Friend,

If you read just the first 3 pages of this special report, you will learn a secret that will probably... help you gain muscle mass faster than you ever thought possible!

If you read the other 4 pages, you will learn about other secrets... that... (if you choose to use them) can help you gain as much muscle mass as you are genetically capable of gaining!

Why am I sending you this information? Well, a short time ago, you responded to a message from me (delivered to you by the magic of the Internet)... and... that message said:

Dear Friend,

Have you ever wondered if I tell all my bodybuilding secrets in my online newsletter? Actually... I do not.

But, I have decided to reveal to some of you perhaps my most important secret to making huge muscle mass gains. Nobody has ever told you about this... because...

Nobody Else Knows About It!

There's just one catch. I cannot reveal this secret online. I have to send it to you via good old fashioned postal mail.

If you've been reading my newsletter for any length of time, I think you know by now, I never misuse your e-mail address. Nor do I let anyone else use your e-mail address for any reason whatsoever. By the same token, if you give me your snail mail address, it will be safe with me. I will consider it as sacred as I do your e-mail address.

And, as soon as you request this brand new special report (a \$25.00 value), I will send it to you via first-class mail. This just-released report contains a huge secret you can use to make muscle mass gains FAST. And, I will reveal this secret...

For Free!

Like I said, you will never get this piece of information from anybody else. Nobody else knows it.

So, if you are interested, simply click the secure link below to request your special report at no cost at all. Since you will be requesting this report via my secure shopping cart system, it will have a field to enter your credit card information. DO NOT enter any credit card information because this special report will be sent to you... at no cost whatsoever.

Click below to request this new special report:

Sincerely,

Doberman Dan

P.S. This is, without a doubt, the most important breakthrough you will ever learn about how to pack on as much muscle mass as genetically possible.

Remember that message? Well, you made a wise decision in requesting this report. You will learn

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things that will help you break past barriers that have been keeping you from making the kind of gains you want to make.

Let's talk about the most important thing for making muscle mass and strength gains. It's not training, it's not diet and it's not "positive thinking".

I'm talking about...

TESTOSTERONE!

It is a proven fact that testosterone is the most important hormone for serious bodybuilders.

No other hormone influences whether all your hard work in the gym results in lean, ripped muscle or flabby failure. Testosterone influences not just muscle growth, but also leanness, mood, sex... *even success in business!*

More than anything else, testosterone levels are the difference between making maximum bodybuilding gains or constantly busting your ass in the gym with no results.

The lust for higher testosterone levels isn't limited to bodybuilders and athletes.

Baby Boomer men reaching middle age follow healthy diets, work out and do all the right things. But they discover their sex drive, muscle mass and energy decline.

WHAT'S THE SOLUTION?

TESTOSTERONE!

Testosterone is the male hormone that is essential for building larger muscles. It is critical for manufacturing new protein within the muscle cell which allows it to increase in size.

One of the things that can make the difference between a "quick gainer" and a "hard gainer" is testosterone production. Testosterone production can vary substantially among bodybuilders, and the ones that have the higher testosterone levels will make better gains.

This report will help you to increase your own natural testosterone production so that you can maximize your size and strength gains without having to resort to anabolic steroids.

HOW EXERCISE (OR LACK OF) AFFECTS TESTOSTERONE LEVELS

Both the lack of physical activity *and* excessive physical activity (over-training) will result in decreased levels of circulating testosterone. Exercise affects testosterone directly by stimulating the pituitary gland and the testes and it probably also raises levels by slowing down the normal breakdown of testosterone.

The duration, intensity, frequency and timing of exercise will determine the circulating levels of testosterone. Testosterone levels *increase* most with short intense bursts, while they *decrease* with prolonged activity, especially endurance-type training. During endurance training, testosterone is needed to maintain muscle. But frequent extended training doesn't allow for repair and recovery of testosterone and tissue damage occurs.

Testosterone is released in higher quantities by using heavy weights (5 to 10 rep range) using rest periods of 3 to 5 minutes between sets. Basic, multi-joint exercises (like squats, deadlifts, barbell rows and dips) cause a much greater hormone release than isolation exercises (like flies, lateral raises, concentration curls, etc.).

Only when you use a large percentage of your muscle mass will you get maximum testosterone release. So spend most of your training time, working the largest muscle groups (legs, back and chest) by using heavy weights in the squat, deadlift, barbell row and bench press or dips.

Normally testosterone is 30% higher in the morning than the evening. So, if possible, train in the morning and reap the benefits of those naturally elevated levels.

Studies show that testosterone levels will elevate with exercise for about 45 to 60 minutes. After this time period cortisol levels begin to increase and testosterone levels will decline. This decrease has been detected for up to six days.

Because you require testosterone for repair and growth, do not train for more than 45 to 60 minutes at a single session. If you feel like you want to exercise or train more, split sessions are recommended. Also do not lift weights and perform aerobic training at the same time. It is also a good idea to vary your workouts and cycle them throughout the year.

In addition to following these training guidelines, what you eat can also influence testosterone levels to a great degree. Let's talk about what you should be eating to maximize your testosterone levels.

THE PROPER DIET FOR MAXIMUM TESTOSTERONE LEVELS

If you want to stay "juiced with testosterone" it is extremely important to follow these dietary rules:

Protein in Latin means "above all else." Protein stimulates the hormone glucagon and the anabolic responses important for adequate testosterone release.

For carbohydrate sources, eat more vegetables and fruit and limit excessive carbohydrate intake... especially simple sugars and starches (grains, potatoes, pasta). Excess intake of carbohydrates (especially those that raise blood sugar rapidly) create chronically elevated levels of the hormone insulin and cortisol. These two hormones oppose the action of testosterone and diminish its production.

Essential fats such as the Omega-3 fatty acids found in fish and flaxseed, as well as saturated fats, are essential for normal testosterone production. All steroid hormones are produced from cholesterol and when fats are deficient in the diet this process will be inhibited.

Studies clearly indicate that low fat diets results in lower testosterone levels while those higher in protein, lower in carbohydrate and moderate in fat cause the greatest sustained levels of testosterone and growth hormone.

A recent study demonstrated the influence of diet on pre and post exercise testosterone and cortisol. After exercise with bench press and squat to failure, testosterone and cortisol were measured. Those men who were on a diet with a higher protein/fat to carbohydrate ratio had the largest increase in testosterone and the smallest rise in cortisol.

You must train and eat smart to minimize catabolism (breakdown of muscle tissue) and maximize the anabolic effects of exercise. If your diet is very low in fat and high in complex carbohydrates and fiber, your testosterone levels may remain very low and you will never make the changes in muscle mass and strength that you desire.

Also, don't take anything which produces estrogen. Soy, Cannabis (marijuana) and alcohol have all been shown to elevate estrogen levels in men.

Prohormones such as Androstenedione were initially touted as being a safe alternative to anabolic steroids to boost testosterone levels. But further evidence now shows they actually increase *estrogen* lev-

els... while at the same time lowering your body's production of testosterone. Because of this, most prohormones are not an effective supplement choice for serious bodybuilders.

OTHER FACTORS WHICH CAN INFLUENCE TESTOSTERONE LEVELS

Sunbathing greatly aids recovery from exercise and can actually raise your testosterone levels by 200% after nude exposure. Yes, 200% and drug free!

You will also look more defined, carry less bodyfat and have that healthy glow when you spend some time in the sun.

So go ahead and get some sun. Just don't over do it. Start with 5 to 10 minutes and increase your exposure a few more minutes a day over a 7 to 14 day period.

Emotional stress is a frequent cause of decreased testosterone levels. When the "fight or flight" alarm reaction system is active, stress hormones such as adrenaline, nor-adrenaline and cortisol are released. These hormones that are released to protect our lives have catabolic activity. This means they catabolize (breakdown) body stores of fat and protein to be used for resources of energy and immune response.

They go even one step farther and inhibit all anabolic processes as well. Because in life or death situations the body does not need to build muscle, all anabolic (building) processes including testosterone are shut down.

Today stresses are not usually "life or death" but only perceived that way in our mind. But the body still reacts to them as if they were a life or death situation. And this chronic stress causes an over activation of our adrenal system and the catabolic process. In fact, chronic catabolism is not only the greatest cause of premature aging and cardiovascular disease but it severely inhibits testosterone function, making it almost impossible to build muscle and strength.

So if you want to really grow it is essential that you follow the advice, "Don't sweat the small stuff... and it is all small stuff." Stay as relaxed as possible and stay well rested. This will help normalize cortisol levels and allow your anabolic system to take over again.

A SECRET DISCOVERY IN MALAYSIA THAT CAN FLOOD YOUR BODY WITH TESTOSTERONE AND TRIGGER RAPID MUSCLE MASS INCREASES!

If you're serious about gaining muscle mass and strength...and... transforming your physique as quickly as possible, this will probably be the most important part of this special report. Here's why...

During a recent trip to Malaysia, I stumbled onto a bodybuilding discovery that promises to be the next breakthrough for radically and safely increasing testosterone levels.

There is a plant that grows naturally in Malaysia called *Tongkat Ali* or *Longjack*. Years ago, somebody discovered that this plant drastically increased your sex drive. But, it was also discovered...

IT SHOOTS YOUR TESTOSTERONE LEVELS THROUGH THE STRATOSPHERE AND BUILDS MUSCLE LIKE CRAZY!

When combined in exact proportions with several other little known testosterone-stimulating ingredients, an amazing synergism occurs. *(That means all of the ingredients together dramatically increase each others' effectiveness.)*

This newly-discovered formula worked even *better* than anyone expected for testosterone increases, muscle growth, increased sex drive, stronger erections and stamina! After extensive testing, I contacted Griffin Marketing (the only company in North America authorized to market this product) and arranged to make it available for sale.

**INTRODUCING “JACKED UP”...
AN ALL NATURAL FORMULA OF SYNERGISTIC
TESTOSTERONE-PRODUCING GROWTH FACTORS.**

Jacked Up is the first formula to harness the power of Tongkat Ali, the potent herb clinically proven to increase testosterone levels and muscle growth... *even in castrated animals!*

Jacked Up also uses several other highly effective ingredients in a proprietary formula shown to enhance testosterone levels via numerous metabolic pathways.

**HERE’S JUST SOME OF THE PROVEN
BENEFITS OF “JACKED UP”**

- ☞ Build muscle mass and strength 177% faster while stripping off every ounce of body fat.
- ☞ **Feel your sex drive go through the roof!**
- ☞ Make impressive and consistent muscle gains from each and every workout.
- ☞ If you’ve ever been concerned about your performance in the bedroom, those days are over. Just 2 to 3 capsules 45 minutes before sexual activity increases sex drive and blood flow to the penis, causing stronger and harder erections and faster recovery after orgasm.
- ☞ **Does not shut down natural testosterone. Unlike prohormones and steroids, Jacked Up does not suppress your body’s own production of testosterone.**
- ☞ Increased workout intensity. You’ll tear up the gym and see continual strength and endurance gains.
- ☞ **Numerous clinical trials have shown conclusively that daily ingestion of Longjack increases testosterone levels in castrated rats! These animals showed significant testosterone increases and sexual behavior after just a few weeks!**
- ☞ Combats fatigue, increases energy & stamina.
- ☞ **Improves blood circulation. You’ll get amazing pumps from your workouts!**
- ☞ Results from a study conducted by the Malaysian government and the highly respected Massachusetts Institute of Technology (MIT) showed that chemical constituents of the Longjack plant contain potent anti-cancer activity.

- ☞ **WARNING! 1 to 2 capsules of Jacked Up a day increases sexual desire and frequency of erections.**
- ☞ Avoid the negative side effects associated with anabolic steroids and prohormones.
- ☞ **No Bitch Tits. Unlike prohormones, Jacked Up only elevates testosterone levels, not estrogen levels.**
- ☞ Jacked Up is made from all natural, highly effective herbal extracts. Not one single ingredient is banned by the FDA or on the list of substances scheduled to be banned.

As a professional medical researcher I have a healthy skepticism for any kind of natural product. So when I took a couple capsules of Jacked Up I certainly didn't expect to *feel* anything working.

But just a couple capsules gave me about 75% of the same effects as 50 mg of Viagra!

MORE EFFECTIVE IN INCREASING TESTOSTERONE LEVELS THAN PROHORMONES

Jacked Up is now even *more* important for drug-free bodybuilders. It may be the only supplement legally available that is actually *proven* in double-blind studies to significantly raise testosterone levels.

And Jacked Up doesn't suppress your own natural testosterone levels like prohormones and anabolic steroids.

AVOID THE EFFECTS OF "ANDROPAUSE"

If you are a man 30 years old or older, you should probably be taking two capsules of Jacked Up a day just to maintain normal testosterone levels and avoid what doctors are now calling "Andropause".

It's a sad fact of life that testosterone levels start declining in your mid to late 20's, and continue declining the rest of your life. It is the biggest contributing factor to aging, increased body fat, decreased sex drive, loss of strength and muscle mass, "pot belly", etc.

By keeping your levels of testosterone elevated with two capsules of Jacked Up every day, you can avoid most of the nasty effects of "Andropause".

IMAGINE HOW YOU'LL LOOK AND FEEL AFTER EXPERIENCING A 370% INCREASE IN TESTOSTERONE LEVELS!

You'll start seeing results in the gym again.

The pumps will be incredible!

Your motivation to train will be better than ever. It's fun to train again when you're seeing weekly changes in your physique.

Your sex drive will be back to how it was when you were a teenager. In general, you'll *feel* better and have a more positive outlook on everything. Testosterone is *that* powerful and can spark drastic positive changes in your life.

**100% GUARANTEED TO GIVE YOU INCREASED
TESTOSTERONE LEVELS, INCREASED SEX DRIVE
AND AN IMPROVED SENSE OF WELL-BEING!**

I'm so sure you're going to love how you look and feel after only a few weeks, I'm offering a **100% no-questions-asked, money-back guarantee**. Use Jacked Up 60 days exactly as suggested. If you don't see significant improvements in the gym (*and* sexual performance), simply send back the empty containers and get a 100% no-hassle refund.

A 30 day supply (1 bottle) of Jacked Up is only \$49.95. You can buy it one bottle at a time but... look... it doesn't make any sense to only use it for one month. To really maximize your gains you need to stay on the stuff for at least two to four months.

So to help you get maximum results *and* save some money, there are three special discounted options:

- ☞ A 60 day supply of Jacked Up is only \$79.95. (*You save \$20.00!*)
- ☞ A 90 day supply of Jacked Up is only \$109.95. (*You save \$40.00!*)
- ☞ A 120 day supply of Jacked Up is only \$139.95. (*You save \$60.00!*)

Whichever supply option you choose, you'll only need to add an additional \$6 for priority shipping and handling.

It's easy to order...

Call 1-888-758-2969, ext. MW55 any time with your credit card. You can also order with your personal check by phone.

Or [click here](#) and order online with your credit card on our secure shopping cart system.

There is an enormous demand for this limited introductory supply of Jacked Up. So, if you call and the line is busy, please keep calling back until you get through. You'll be glad you did.

Sincerely,



Doberman Dan

P.S. Order the 90-day or 120-day supply within the next 7 days and you'll get (as my FREE gift) the six most recent issues of my newsletter, "*Doberman Dan's Hardcore Training Journal*". Lots of hardcore underground taboo stuff I haven't been able to reveal... until now. **So call right now 1-888-758-2969, ext. MW55 or [click here](#)** and order online with your credit card on our secure shopping cart system.