

Forum:[Hack Forums](#)

Thread: [Best Supplement To Naturally Boost Testosterone???](#)

TrenTrain - February 13, 2017, 7:06 pm

Hey guys looking to improve my body for girls and stuff like that. Currently hitting the gym like once or twice a week doing crossfit, but seeing no results.

What's the best supplement to fix this? And don't tell me it's my training or diet I know that's on point.

Chiruka Dulaj Jay - February 13, 2017, 7:08 pm

Train legs , It will help to boost testosterone.

The Arrow - February 13, 2017, 7:09 pm

Hitting the gym once or twice a week won't get you anywhere even with supplements lmfao, yeah you say "don't mention that" but if you think you're going to improve yourself with no effort, forget it.

Edit: Re read this and maybe thought that you go to the gym more than that, but you just do crossfit twice a week, either way, some supplements that might help you are: Amino Acids, Vitamins, and Protein. If you take those, than just take any T booster, even though those have side effects.

thrudda - February 13, 2017, 7:10 pm

I made this mistake when I just started, are you eating enough? You need to be eating more than usual to build muscle mass.

TrenTrain - February 13, 2017, 7:17 pm

(Feb 13, 2017 08:09 PM)The Arrow Wrote: [\[CITE\]](#) Hitting the gym once or twice a week won't get you anywhere even with supplements lmfao, yeah you say "don't mention that" but if you think you're going to improve yourself with no effort, forget it.

Edit: Re read this and maybe thought that you go to the gym more than that, but you just do crossfit twice a week, either way, some supplements that might help you are: Amino Acids, Vitamins, and Protein. If you take those, than just take any T booster, even though those have side effects. I know it's gonna get me somewhere I just need the right supplements. Usually after my crossfit workouts I'm pretty tired and my joints always ache, so i know that's a good sign

(Feb 13, 2017 08:10 PM)thrudda Wrote: [\[CITE\]](#) I made this mistake when I just started, are you eating enough? You need to be eating more than usual to build muscle mass. Like 2000~ calories

Caliban - February 13, 2017, 7:32 pm

The solution to all your problems is doing Rack Pulls Above the Knee

FreeshineJustin - February 14, 2017, 8:18 pm

Probably shouldn't do crossfit tbh, try to follow a good beginners body building routine like vegan gains. Also I would recommend taking some of the supplements that Cellucor sells, and also try to buy some horny goat weed, i took horny goat weed and trust me, the strain got me high af

L3OdaVinci - February 15, 2017, 2:50 am

You can try fenugreek herb and ginger root supplements.

Wallet - February 15, 2017, 4:43 am

250mg test-e injection on mondays and fridays

housefever - February 15, 2017, 4:52 am

Testosterone injections bro. :P If you need help with supplements feel free to HMU.

AMAVI - February 15, 2017, 5:09 am

Your solution would be to drink testosterone or buy test cereal at your local grocery store, i personally was stalling my progress and after i hit a 1rm which is a 90 bench and as soon as i bought an ice cream that has 300MG of test in it, my bench sky rocketed, now i can finally say I've hit a 105 bench and I've also increased my crossfit workouts to 4 per day, you also gotta keep in mind you have to eat to grow, so make sure you get 1250 calories in a day to gain 4 pounds of muscle a week.

or i also heard that you can hop on the creatine, its as potent as tren, so watch out.

Malaco - February 15, 2017, 3:59 pm

i had a good laugh, good troll

aimware - February 16, 2017, 2:34 pm

I just mix 11g Uranium-236 and a pinch of black pepper into my morning protein shake, has plenty of health benefits. Also more tire flips.

(Feb 15, 2017 06:09 AM)IGVM Wrote: [\[CITE\]](#) or i also heard that you can hop on the creatine, its as potent as tren, so watch out.

dont do craetine! its steroids and steroids are for cheaters

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Ryan????? - February 16, 2017, 2:38 pm

Just inject test lol, But you need to train and eat more that you are.

Kroh - February 16, 2017, 4:17 pm

(Feb 13, 2017 08:17 PM)TrenTrain Wrote: [\[CITE\]](#) Like 2000~ calories

2000 Calories? You need to be stacking at least 6000, if you are eating less calories than you are burning off then your body is gonna go into survival mode and you probably won't lose/gain any weight.

Stop masturbating for a week and your body's natural testosterone level will increase by about 47%... No supplements needed.

(Feb 15, 2017 06:09 AM)IGVM Wrote: [\[CITE\]](#) Your solution would be to drink testosterone or buy test cereal at your local grocery store, i personally was stalling my progress and after i hit a 1rm which is a 90 bench and as soon as i bought an ice cream that has 300MG of test in it, my bench sky rocketed, now i can finally say I've hit a 105 bench and I've also increased my crossfit workouts to 4 per day, you also gotta keep in mind you have to eat to grow, so make sure you get 1250 calories in a day to gain 4 pounds of muscle a week.

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The sarcasm on HF is so creative, if I could -rep you for the "drink testosterone or buy test cereal at your local grocery store" statement then I fucking would 100%... Because everyone knows Testosterone drinks and Cereal have absolutely nothing on Trenbolone Curry and Rice...

I can bench 7kg, the lower the weight, the better the workout just like ping on CS:GO.

Creatine is a dangerous psychedelic, IDK why you would even suggest that, could fuck the kid up for life.

Anonymality - February 18, 2017, 10:18 am

Check my thread. You might find something useful to you.

<https://hackforums.net/showthread.php?tid=5533413>

Bob White - February 18, 2017, 10:18 am

OP is trolling and you are all feeding.

aimware - February 18, 2017, 10:59 am

(Feb 18, 2017 11:18 AM)Bob White Wrote: [\[CITE\]](#) OP is trolling and you are all feeding. you're ruining it dude

ohghost - February 18, 2017, 1:52 pm

If you lean then your testosterone should be pretty high but you should try adding more fats to your diet. I take a fish oil and tribulus terrestris pill every morning which is meant to boost testosterone, hope this helps!

KingOfSleeping - February 19, 2017, 12:19 am

(Feb 13, 2017 08:17 PM)TrenTrain Wrote: [\[CITE\]](#) I know it's gonna get me somewhere I just need the right supplements. Usually after my crossfit workouts I'm pretty tired and my joints always ache, so i know thats a good sign

Like 2000~ calories

I assume your a novice look up Alpha Destinys novice program it's full body 3x a week and supplements are bullshit just sleep 8 hours and eat in a surplus that 2000 calories and working out 2x a week won't work and DON'T EDIT A PROGRAM . Your a novice if you can't bench 225x5, box squat or squat 315x5 , 405x5 for deadlifts but if you can't do deadlifts don't worry about it you can build a huge back without such a movement

tripleseven - May 31, 2017, 4:44 am

Dude with crossfit you made a move in the right direction, now turn vegan, eat atleast 200grams of protein from soy a day, and switch from smoking to vaping and you will become beast and sculpted like a greek god.

Fer? - May 31, 2017, 4:55 am

(Feb 13, 2017 08:06 PM)TrenTrain Wrote: [\[CITE\]](#) Hey guys looking to improve my body for girls and stuff like that. Currently hitting the gym like once or twice a week doing crossfit, but seeing no results.

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Crossfit builds cardiovascular endurance, aka the ability to lose gains.

In stead of taking shit just workout more than one day a week lol.

"don't tell me it's my training or diet I know thats on point" if you workout twice a week max that's not on point.

doing legs 2-3 times a week in a normal split releases more natural HGH in the body.

GU€€I - May 31, 2017, 4:57 am

All these people saying training legs releases testosterone make me laugh

The Piggy Bank - May 31, 2017, 4:58 am

(Feb 13, 2017 08:06 PM)TrenTrain Wrote: [\[CITE\]](#) Hey guys looking to improve my body for girls and stuff like that. Currently hitting the gym like once or twice a week doing crossfit, but seeing no results.

What's the best supplement to fix this? And don't tell me it's my training or diet I know that's on point.

1. Your name is the TrenTrain
2. If your diet is on point, then why do you ask this?
3. If you are not natural at all... just use some Test (injects)
4. You can take natural test boosters, but they won't work unless you are 40+ lol
5. twice a week hitting the gym is not enough.

Good luck :)

Fer? - May 31, 2017, 5:04 am

(May 31, 2017 04:57 AM)GU€€I Wrote: [\[CITE\]](#) All these people saying training legs releases testosterone make me laugh

<http://www.bodybuildingweb.net/blog/squats-deadlifts-and-release-of-testosterone-and-growth-hormone/>

I wonder if your legs are as skinny as your pecker?

GU€€I - May 31, 2017, 5:37 am

(May 31, 2017 05:04 AM)Dev?ur Wrote: [\[CITE\]](#)

<http://www.bodybuildingweb.net/blog/squats-deadlifts-and-release-of-testosterone-and-growth-hormone/>

I wonder if your legs are as skinny as your pecker?

Saying training legs will make your body squirt testo/growth hormos all over your body is an old myth man, It don't work like that.

When I started working out I also heard people say "Dude do more deadlifts it will make you bench bigger"

And nope I actually love training legs

Jester Race - May 31, 2017, 12:04 pm

(May 31, 2017 05:04 AM)Dev?ur Wrote: [\[CITE\]](#)

<http://www.bodybuildingweb.net/blog/squats-deadlifts-and-release-of-testosterone-and-growth-hormone/>

I wonder if your legs are as skinny as your pecker?

0 sources

The amounts released are insignificant though.

Fer? - May 31, 2017, 4:35 pm

(May 31, 2017 05:37 AM)GU€€I Wrote: [\[CITE\]](#) Saying training legs will make your body squirt testo/growth hormos all over your body is an old myth man, It don't work like that.

When I started working out I also heard people say "Dude do more deadlifts it will make you bench bigger"

And nope I actually love training legs When you workout your body releases HGH that's how to gain muscles, out of all the body parts legs release the most. So training legs more frequently releases the most natural HGH.

Clearly you're too dense to understand so forget it.

asdfgty56 - June 1, 2017, 8:39 am

eat some fats on breakfast.

i noticed the difference when i did it for a month last year.

(for me was 4 eggwhites+blueberry+philadelphia or fatty creamy cheese)

NightForce - June 1, 2017, 9:53 am

Before the Corp. I used APE, not sure if it's still around. Now my PT consists of running with my flak jacket with Sapi plates(bullet proof plates), Kevlar Helmet and a 6 man log up a small fucking mountain, don't know what muscle group it works out but it makes me hate my bosses a little more, and the platoon does this everyday.

Like another user I don't think going twice a week is helping

amur - June 2, 2017, 3:22 am

Best way to boost thestosterone is just go to MMA.