

RENEWED VIGOUR

28-DAY TESTOSTERONE TRAINING PROGRAM

Compound lifts. Progressive overload. Hormonal adaptation.

4 weeks. 3–4 sessions per week. Built for men who want results, not just exercise.

www.renewedvigour.com

THE SCIENCE

Why Heavy Compound Training Raises Testosterone

Not all exercise produces a testosterone response. Cardio alone — jogging, cycling, swimming at moderate intensity — produces minimal acute hormonal benefit and can, at excessive volumes, increase cortisol and suppress testosterone. Resistance training with heavy compound movements is categorically different.

Multiple studies have shown that heavy resistance training — particularly multi-joint, large muscle-group exercises — produces significant acute increases in testosterone, growth hormone, and IGF-1. The mechanisms are well-established: mechanical stress, metabolic demand, and neural activation all contribute to the hormonal cascade.

Large Muscle Mass Activation

Exercises that recruit large volumes of muscle (squat, deadlift, bench, row) produce greater hormonal responses than isolation exercises. More muscle activated = more hormonal signal.

High Mechanical Tension

Heavy loads create significant mechanical tension on muscle fibres, triggering anabolic signalling cascades including testosterone, GH, and IGF-1.

Metabolic Stress

Short rest periods and metabolic fatigue increase lactate, which is correlated with GH release. The pump is not just cosmetic — it's endocrine.

Neural Drive

Maximum effort lifts require high motor unit recruitment, which signals the nervous system and CNS in ways that stimulate the hypothalamic-pituitary axis — the master regulator of testosterone.

Progressive Overload

The body only adapts when challenged beyond its current capacity. Testosterone responds to progressive overload — the same weight every week produces diminishing returns.

OPTIMISE YOUR TESTOSTERONE WINDOW

The acute testosterone response to training peaks 15–30 minutes post-session and begins declining after 60 minutes. To capitalise: eat a high-protein, moderate-fat meal within 60 minutes of training. Do not perform excessive cardio immediately after resistance training — this blunts the hormonal response.

PROGRAM STRUCTURE

How the 28 Days Are Organised

The program runs 4 weeks, each with a specific training focus. Each week consists of 3–4 training sessions and 3–4 rest/active recovery days. The training split is Upper/Lower/Full-body rotating, emphasising compound movements throughout.

Week	Phase	Sessions	Focus
WEEK 1	Foundation	3 sessions	Learn movement patterns. Establish baseline. Sets of 8–10 reps at moderate load. Focus on form over weight.
WEEK 2	Load	3 sessions	Increase intensity. Move to 6–8 rep ranges. Aim to add weight to each session. The adaptation begins here.
WEEK 3	Intensity	4 sessions	Peak training week. Heavier loads, 4–6 rep ranges. Higher volume on accessory work. Push limits.
WEEK 4	Consolidate	3 sessions	Maintain intensity, reduce volume slightly. Consolidate strength gains. Prepare for reassessment.

SESSION TYPES

Day A — Lower Body	Squat pattern + hip hinge (deadlift). Legs and glutes. The highest testosterone-producing session.
Day B — Upper Body Push/Pull	Horizontal and vertical press + row. Chest, shoulders, back, arms.
Day C — Full Body	One compound from each pattern. Higher volume. Shorter rest periods. Metabolic focus.
Active Recovery	30–45 min walk, mobility work, or light stretching. Not a rest day — movement without intensity.

THE MOVEMENTS

Core Exercises & Coaching Notes

BARBELL BACK SQUAT

Session: Lower Body A

The king of testosterone exercises. More muscle mass is activated in the squat than any other single movement. Set the bar high on traps or low on rear delts. Feet shoulder-width, toes slightly out. Break at hips and knees simultaneously. Depth: crease of hip below top of knee. Drive through the whole foot to stand.

Avoid: *Knees caving inward, heels rising, rounding lower back.*

CONVENTIONAL DEADLIFT

Session: Lower Body A

Highest total muscle activation of any barbell exercise. Bar over mid-foot, hip width stance. Hinge to bar with flat back. Bar stays in contact with shins throughout pull. Drive floor away from you — don't think about pulling up. Lock out hips at top.

Avoid: *Bar drifting forward, rounding thoracic spine, hyperextending at lockout.*

BARBELL BENCH PRESS

Session: Upper Body B

Primary horizontal push. Sets grip wider than shoulder width. Lower bar to lower chest, not neck. Elbows 45–60 degrees to torso (not flared). Drive bar to ceiling and slightly back toward rack.

Avoid: *Flared elbows, bouncing bar off chest, losing shoulder blade retraction.*

BARBELL ROW (BENT-OVER)

Session: Upper Body B

The most important back exercise for hormonal response. Hinge to 45 degrees, bar hanging from arms. Pull to lower rib cage — not upper chest. Lead with elbows, not hands. Control the eccentric.

Avoid: *Jerking the weight, using momentum, not achieving full range of motion.*

OVERHEAD PRESS

Session: Upper Body B

Vertical push pattern. Bar starts at top of chest, just under chin. Press directly overhead — not forward. Lock out overhead, biceps behind ears. Lower with control.

Avoid: *Excessive arch in lower back, pressing forward instead of up.*

ROMANIAN DEADLIFT (RDL)

Session: Lower Body A

Primary hip hinge for posterior chain development. Start standing with bar. Push hips back while maintaining a soft knee bend. Bar tracks down thighs. Feel stretch in hamstrings. Drive hips forward to return.

Avoid: *Squatting the weight down, losing back position, bar drifting away from legs.*

FARMER'S CARRY

Session: Full Body C

Heavy loaded carry — grossly underrated for testosterone response. Pick up heavy dumbbells or kettlebells, stand tall, walk for distance. Strengthens the entire kinetic chain under load.

Avoid: *Leaning to one side, short choppy steps, losing posture over distance.*

PULL-UP / CHIN-UP

Session: Upper Body B

Best bodyweight exercise for the upper back and biceps. Full hang to start. Drive elbows toward pockets. Chin above bar at top. If unable to do bodyweight, use an assisted machine or resistance band.

Avoid: *Using momentum/kiping, not achieving full range, not controlling the descent.*

THE FULL PROGRAM

28-Day Training Schedule

WEEK 1 — FOUNDATION

8–10 reps | 3 sets | 75 sec rest | Moderate weight

MON		Day A — Lower Body		
Exercise	Sets	Reps	Load	
Barbell Back Squat	3	8-10	Moderate	
Romanian Deadlift	3	10	Moderate	
Leg Press	3	12	Light-Mod	
Standing Calf Raise	3	15	Moderate	
WED		Day B — Upper Body		
Exercise	Sets	Reps	Load	
Barbell Bench Press	3	8-10	Moderate	
Barbell Row	3	8-10	Moderate	
Overhead Press	3	10	Light-Mod	
Pull-Up / Chin-Up	3	Max	Bodyweight	
FRI		Day C — Full Body		
Exercise	Sets	Reps	Load	
Deadlift	3	8	Moderate	
Bench Press	3	10	Moderate	
Barbell Row	3	10	Moderate	
Overhead Press	3	10	Light	
Farmer's Carry	3	30m	Heavy	

TUE/TH
U/SAT/S Active Recovery
UN

WEEK 2 — LOAD

6–8 reps | 4 sets | 90 sec rest | Increase weight from Week 1

MON		Day A — Lower Body		
Exercise	Sets	Reps	Load	
Barbell Back Squat	4	6-8	Increase	
Conventional Deadlift	4	6	Increase	
Romanian Deadlift	3	8	Moderate	
Leg Press	3	10	Moderate	

WED		Day B — Upper Body		
Exercise	Sets	Reps	Load	
Barbell Bench Press	4	6-8	Increase	
Barbell Row	4	6-8	Increase	
Overhead Press	4	8	Moderate	
Pull-Up / Chin-Up	4	Max	Weighted if easy	

SAT		Day C — Full Body		
Exercise	Sets	Reps	Load	
Deadlift	3	6	Heavy	
Bench Press	3	8	Moderate-Heavy	
Barbell Row	3	8	Moderate-Heavy	
Overhead Press	3	8	Moderate	
Farmer's Carry	4	30m	Very Heavy	

TUE/TH	
U/FRI/S	Active Recovery
UN	

WEEK 3 — INTENSITY

4–6 reps | 4–5 sets | 2–3 min rest | Peak loading week

MON Day A — Lower Body				
	Exercise	Sets	Reps	Load
	Barbell Back Squat	5	4-5	Heavy
	Conventional Deadlift	4	4-5	Heavy
	Romanian Deadlift	3	6	Moderate-Heavy
	Bulgarian Split Squat	3	8	Moderate
WED Day B — Upper Body				
	Exercise	Sets	Reps	Load
	Barbell Bench Press	5	4-5	Heavy
	Barbell Row	5	4-5	Heavy
	Overhead Press	4	5	Heavy
	Weighted Pull-Up	4	4-6	Weighted
FRI Day A2 — Lower Body				
	Exercise	Sets	Reps	Load
	Deadlift	4	4-5	Heavy
	Front Squat or Hack Squat	3	6	Moderate
	Romanian Deadlift	4	6	Heavy
	Leg Curl	3	8	Moderate
SUN Day C — Full Body				
	Exercise	Sets	Reps	Load
	Squat	3	6	Moderate-Heavy
	Bench Press	3	6	Moderate-Heavy
	Deadlift	3	5	Heavy
	Farmer's Carry	4	40m	Max
TUE/TH U/SAT	Active Recovery			

WEEK 4 — CONSOLIDATE

5–6 reps | 4 sets | 2 min rest | Maintain weight, reduce volume

MON Day A — Lower Body				
	Exercise	Sets	Reps	Load
	Barbell Back Squat	4	5	Week 3 weight
	Deadlift	4	5	Week 3 weight
	Romanian Deadlift	3	6	Heavy
	Calf Raise	3	12	Moderate

WED Day B — Upper Body				
	Exercise	Sets	Reps	Load
	Barbell Bench Press	4	5	Week 3 weight
	Barbell Row	4	5	Week 3 weight
	Overhead Press	3	6	Week 3 weight
	Pull-Up	3	Max	Weighted

FRI Day C — Full Body				
	Exercise	Sets	Reps	Load
	Squat	3	5	Heavy
	Bench Press	3	5	Heavy
	Row	3	5	Heavy
	Farmer's Carry	3	40m	Max

TUE/TH
U/SAT/S Active Recovery
UN

RECOVERY PROTOCOL

What to Do on Non-Training Days

Testosterone rises during recovery, not during training. The workout is the signal; rest is where adaptation occurs. Non-training days are not rest days — they are active recovery days.

Walk 30–45 minutes

Low-intensity movement improves blood flow, reduces inflammation, and clears metabolic waste from muscles without generating cortisol.

Mobility work

10–15 minutes of hip flexor, thoracic, and shoulder mobility. This is maintenance, not rehabilitation.

Cold exposure

Cold shower finish (60–90 seconds) or contrast shower. Reduces DOMS and inflammation; builds mental resilience.

Sleep priority

If you could only optimise one thing on a rest day: go to bed 30 minutes earlier. Testosterone is produced during slow-wave sleep.

Nutrition

Higher-fat, moderate-protein, lower-carb on rest days. The muscle isn't demanding glucose, so don't flood it.

Built for men who refuse to plateau.

Renewed Vigour — EDC-free products, science-backed guides, and a community of men taking their health seriously. www.renewedvigour.com