

HOW TO BECOME AN ALPHA MALE



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Men, do you dream of six-pack abs and that revered V-torso? Do you wish your self-discipline and confidence was better? Have you been looking for the secrets to social and career success, but they seem to elude you?

Have you read countless self-help books that motivate you but leave you empty handed when it comes to practical steps that you can take?

While it is true that there are many factors that contribute to success in life and we all know that success takes some serious guts and hard work, I am here to tell you that there are at least **two** things that you can do **now**, that will give you a foundation to build upon. These tips are practical and once you apply them to your life, your efforts in the gym and personal life will have a much greater impact. You will be laying a foundation that will lead you onto the path of becoming an **Alpha Male**.

So, some of you may be asking, what is an **Alpha Male**? Well, it is a much debated topic that stems from studies in the animal kingdom. It points to the fact that all animal groups will have a leader that dominates the group, an **Alpha Male**. This theory has been applied to humans and one can easily see the significance of this.

We all know that guy at work or parties that just has a magnetic quality about him. Women go mad over him and other men gravitate towards him and try to emulate him. While, some may argue that in our modern world intellectual supremacy has become the most desirable trait and the physical attributes of leaders no longer matter, I beg to differ.

You see, we live in time where men seem to be losing their edge and excuse my frankness, men no longer have the giant balls that are necessary to lead a great life with success and significance. **Alpha Males** are a dying breed, my friend, and something needs to be done. Many men have ideas and dreams to make this world a better place and to leave their mark, but very few have the balls to go out and do it. Why?



Well you may argue many points that are all valid, but I am sure you will agree that a lack of self-discipline, confidence and testosterone are among the major causes of our men being too soft and unable to realize their dreams.

You may be wondering how these three problems relate to each other and how my two tips are any different to the countless self-help books that abound in the book stores. Well, they are different for the simple fact, that they are practical, easy to implement and effective. I am a working man, just like most of you and I want easy to follow steps that work and allow me to get back to my life!

So let me get to the point and show you what I believe to be two simple, practical and easy tips that will help you out. I am not promising you're going to be the next Bill Gates or the local Casanova, but after a few weeks of using these tips, you will see that your discipline will increase as well as your confidence. Along with these, other physical changes will take place in your body, you will feel better, look better and have more energy. When all this has happened you will be a different man and you will have laid the foundation to build the success that you have always desired.

Let's get to it.



TIP #1: INTERMITTENT FASTING

Lets face it, if you've ever tried to go on a diet or at least tried to eat a more healthy diet, you may have realised that its not an easy task. You probably lost a little bit of weight before giving up completely. Why? Because you were unable to sustain your weight loss, and it most likely wasn't happening quickly enough. That's where **intermittent fasting** comes in. This is the best method out there if you are serious about building lean muscle and burning the spare tire around your waist.

But what is it? Well, believe it or not - it's NOT a diet. **Intermittent fasting** is a way of life and I have been doing it for over a year and it has completely changed my life! It saves time, is practical and has really complimented my work schedule. You see, I am an underground gold miner and we don't have time to worry about the perfect diet or 6 meals a day like bodybuilding magazines have you believe. That's why I love it and will probably live this way for the rest of my life. I stopped it for about a month or so and man I could feel the difference. Once you try **intermittent fasting** you won't believe that it's possible to feel so much better.

The process is simple: you make the conscious decision to skip certain meals, and then consume your calories during a particular time of the day. This process of fasting and feasting can boost your metabolism, help you preserve lean muscle, and burn fat throughout the day. It works like this: when your body is in a fasted state, it doesn't have any food inside it to use as energy. So, what does it do? Well, it pulls fat from your body to use for energy - instead of the glycogen in your muscles or glucose in your blood stream. The fat-burning process also lasts throughout the day.

As an example, most **intermittent fasting** protocols will say that you must fast between 12 and 24 hours before eating again. Then the eating windows will vary between another 8 to 12 hours before the fasting period starts again. The most popular way is to fast for 16 hours and then eat over an 8 hour period. This is done daily. Guys, it's really not more complicated than that.

You can watch [this youtube video](#) if you are still not sure how it works.



Okay, some of you may be skeptical or wondering if there is more to it? Well yes, there are many methods of **intermittent fasting** and each will claim to be the best. Frankly, in my opinion, as long as you fast regularly, no matter what the system, you will reap the benefits. However, here are two methods that you can lookup if you want to know more:

- 1) www.leangains.com - the blog that started it all
- 2) [The fasting method that I prefer and bought](#)

Guys trust me on this. Choose any method of **intermittent fasting** and stick with it. It will be the single greatest investment you can make in your health and fitness. Just make sure to get a proper system like the ones I mentioned above.

THE BENEFITS OF INTERMITTENT FASTING

Your body actually learns how to better use the calories and nutrition that you give it when you start fasting periodically on a schedule. It regulates your fat storage and insulin usage correctly.

You'll enjoy **fasting** if you're busy and always on the go because every dieter knows how hard it is to shop for, prepare and cook healthy foods – and fasting eliminates that portion of your day.

Here are some medical studies to show just how awesome **intermittent fasting** is:

- 1) 67% Testosterone increase in non-obese single men – [study](#)
- 2) 2000% increase from baseline of growth hormone levels after a 24 hour fast - [study](#)
- 3) It's the fastest way to burn body fat - [study](#)
- 4) Induces removal of toxins and estrogenic chemicals – [study](#)

I like to use the 24 hour **fast** once a week along [with my chosen fasting protocol](#).



From my personal experience I have also found the following benefits:

- 5) My focus and energy sky-rocketed, try it, you will see
- 6) Your discipline increases without you realizing it, because you learn to ignore hunger pains and not to submit to your body. You practice mind over matter daily and you will soon realize how amazing and resilient your body is. This new found discipline will propagate to all other areas of your life and with the added focus and energy you will have a much greater chance of succeeding at whatever goal you set out to accomplish

A FINAL POINT BEFORE WE MOVE ONTO TIP #2

Because you're now limiting your food intake during **fasting**, it's important to make sure you get the proper nutrition for the times when you are going to consume calories.

Eat foods that your body needs during that time. You certainly don't want to burn up your non-fasting time with poor nutrition and empty calories that won't do your body any good.

Focus on:

- Lean meats
- Free-range eggs
- Yoghurt and cheese
- Nuts
- Fresh vegetables& fruit

The next tip will help with self-confidence, something that any **Alpha-Male** definitely needs to have. How else are you going to conquer the world and live the life you desire? Also, it greatly compliments your **intermittent fasting** routine.



TIP #2: GOLDEN RATIO

Few people are familiar with the principle known as the **Golden Ratio**. Even fewer people are aware that it can be used to get the classic **Alpha-Male** physique. Let me explain. Basically, it's the male form that has been realized by some of the most famous artists in history - think Michelangelo's famous sculpture of David for example.

It doesn't mean developing a huge bodybuilder-type physique, but rather striving for a lean, athletic physique that has all the right proportions. It's the type of body women swoon over and other men wish they had. Getting the perfect ratio for your body is a lot easier than you might think. Regardless of your height or body type, every man can develop a perfect **Golden Ratio** that is right for him.



A male body that is proportioned according to the **Golden Ratio** is a body with broad shoulders, bulging arms, a big chest, and a V-taper. You know, the body type that the **Alpha Male** possesses. Men with this body type have a good deal of lean muscle mass and low body fat. So, where does the desire to have the **Golden Ratio** body come from? Well, this concept dates back to the earliest days of Western civilization. In fact, the architect Marcus Vitruvius in the first century BC described how sacred temples should subscribe to ideal body proportions, and that the human body reflected the geometry of the universe. Numerically, the **Golden Ratio** is expressed as **1 to 1.618**.



So how do you find your ratio? There are **3 simple steps**:

- 1) Measure your shoulder circumference. You should measure at the widest point, halfway between your nipples and collar bone
- 2) Measure your waist circumference. Just below your belly button
- 3) Do the following calculation:

Your ratio = (shoulder circumference) / (waist circumference)

Perfect ratio = 1.618

There you have it. Once you have found your ratio and it's off, make sure you hit the gym and work your upper body. Use **intermittent fasting** and quality food to cut down your belly fat and stay lean. In no time you should be getting compliments everywhere you go and your **self-confidence** will sky-rocket!

If you want to know more about the **Golden Ratio** and you want a system that is precisely designed around this idea, [then have a look at this training program.](#)

It's really simple to follow and provides you with a good workout and nutrition program. It works great when combined with **intermittent fasting** and will really accelerate your results. It will help you to achieve the **Alpha Male** body that you've always wanted no matter your height or body type!



CONCLUSION

There you have it, two practical tips that will help you on the path to being an **Alpha Male**. The type of man that leaves an impression wherever he goes. A man with self-discipline, a healthy body, unmatched energy and a desire to be great.

Just to recap, intermittent fasting combined with the concept of the golden ratio will help with the following:

- Self-confidence
- Self-discipline
- Fat-burning
- Lean muscle building
- Testosterone elevation

In case you want to check out the programs mentioned above here they are again:

- [The fasting method I prefer](#)
- [Training system](#) based on the golden ratio



From my side, I want to thank you for downloading this report. I hope you have found value in it. I wish to see a world with more **Alpha Males** that follow their hearts and achieve greatness, while being in great physical shape! So go out, lay the foundation with these two tips and see how your life will begin to change.

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