



## The Thor Program

*By Christopher Walker*

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### The Thor Program By Christopher Walker

Your hormones are at the core of your body's ability to perform and kind of metabolic process...to really perform everything. They play a vital role in determining your mood, your physical ability, your cognition, even your digestion... Everything is either directly or indirectly controlled by your hormones. They are basically your body's powerful messengers. Unfortunately, the health and fitness community is not in line with this or simply doesn't realize it! They're all focused on vanity... on simply getting bigger arms or chiseled abs. It's a shame that people go after those pursuits blatantly in the face of their health. What's even worse it that they will often leverage fake hormones - like anabolic steroids - to achieve these goals... On top of that, they end up wrecking their hormones in the process by doing crazy crash dieting and eating in a way that does NOT support hormonal homeostasis and training in a way that is completely counterproductive to their health! This is why I created the THOR program... What Is The THOR Program? THOR stands for Testosterone Hormonal Optimization Resistance Training. I consider it to be the next step beyond the TestShock Program. The TestShock Program is designed to help you address your foundational health as a man - how to eat the right way, live the right way, what to avoid, what to focus on, that kind of stuff... My focus for the past few years, personally, has not been in weight training. It has mostly been in leveraging calisthenics and weighted calisthenics for the neuromuscular benefits. I've seen amazing customer testimonial stories from people who have used this, but there were always a ton of requests from people wanting me to show a more advanced system and how to leverage NM training in the weight room. In starting the development of the THOR program, I knew I wanted to show guys how to leverage the weight room and use NM training for their benefit so they could optimize the amount of Testosterone and Growth Hormone output in their body. I went the the "drawing board" to put down ideas...I looked objectively at what exists in the fitness industry and what exists outside of the fitness industry... Through vigorous research, studying, and personal experimentation, I developed what I believe to be the most optimal hormonal workout program - The THOR Program. This is hands down the complete & best way to train your body... It is designed specifically using power movements and having a strength progression with those power movements to facilitate an adaptive response in your muscle tissue.

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