

ANABOLIC STRETCHING 2.0

ANABOLIC STRETCHING 2.0

PETER TZEMIS

ΠΕΤΕΡ ΤΣΕΜΙΣ

ANABOLIC STRETCHING 2.0

WARNING: This ebook is for your personal use only.

You may **NOT** Give Away, Share Or Resell This Intellectual Property In Any Way

All Rights Reserved

Copyright © 2017 and beyond – Peter Tzemis Fitness. All rights are reserved. You may not distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Peter Tzemis Fitness, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Peter Tzemis Fitness, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

Table Of Contents

Foreword by Christian Thibaudeau

Chapter 1 - The Forgotten Secret

Chapter 2 - The Problem With Standard Stretching

Chapter 3 - The Big Picture

Chapter 4 - The Science Behind Anabolic Stretching

Chapter 5 - Beginner Anabolic Stretching For Muscle Growth

Chapter 6 - Intermediate Anabolic Stretching For Muscle Growth

Chapter 7 - Anabolic Stretching For A Bulletproofed Body

Chapter 8 - Tracking Progress: Your Anabolic Stretching Score

Chapter 9 - The Anabolic Stretches

Chapter 10 - FAQ

Chapter 11 - Next Steps

Sources

Foreword

By Christian Thibaudeau

Improving pectoral size and fullness significantly in three week.

Getting a girl to squat in one session after years of not being able to because of hip flexor shooting pain.

Allowing a former elite swimmer with severe overhead mobility issue to full snatch in one session.

What do these things have in common? They were all achieved through proper application of **loaded stretching** and they are only three of hundreds of personal examples I could give you.

Loaded stretching is simply one of the most powerful and versatile training methods around, yet you aren't doing it!

I've been using it for over 15 years with bodybuilders and athletes alike and it never cease to deliver. Whether your goal is hypertrophy, strength, power, mobility or injury prevention, loaded stretching **will** help you.

Peter Tzemis is one of the young, bright hopes for the fitness industry. In a world of instant Instagram "stars" fake coaches with zero knowledge of what really works for real people, Peter clashes with his honesty and drive. He is deeply rooted in science and the desire for improvement: both as a coach and as a student.

I hope you enjoy this book and reap the maximum benefits from the great method that is loaded stretching.

Christian Thibaudeau

www.Thibarmy.com

The Forgotten Secret To A Badass Body

"We are what we repeatedly do."

This is the secret that all successful and enlightened fitness enthusiasts share. Those that got into the Hall of Fame already know it, either consciously or unconsciously.

Are you ready for it?

I'm very serious about this.

This is what separates those that go a few weeks on a diet to those that remain shredded, strong and healthy for years on end.

To the "elite" (they really aren't that elite, if we are being honest), not not being in shape is fucking easy (sorry for the double negative). They don't even think about it. They don't even consider it.

Go back and re-read that statement. Let it sink in.

One of my private 20k clients put it best:

"I have reached the point in time where staying away from being fat is easier than giving into temptation. I have come to a profound realization - it would be much harder to go back on the path of depression, anxiety and fat-addiction than it would be to keep abstaining from it."

Here's the thing guys:

You will only be able to go long periods of time without being overweight / unhealthy / inflexible etc. when being/doing those things is **no longer an option** in your life.

I call it the "Fat/Sick/Unhealthy is NOT an Option" mindset.

The men that have this mindset live as if that reality didn't exist.

They completely forget about being out of shape and unhealthy.

They do not spend their day fighting urges.

They are not "trying hard".

Urges are dismissed almost instantly.

I'm currently under this mindset and have been since year 3 or something. Staying away from being fat has never been easier.

I've been alone at home several times during the last weeks and watching porn never crossed my mind, not even for a second.

I would rather spend the whole night without sleeping than being fat. I would rather masturbate, take a walk, whatever. But being fat, unhealthy and out of shape just isn't an option.

And it doesn't bother me one bit.

You have to be ok with the idea that you will never be fat, out of shape ever again in your life. And you have to be ok with the cost that comes associated with that. The cost of workouts. The cost of following basic nutrition. The cost of anabolic stretching 2.0 after most of your workouts.

Consider it your badass body tax.

If this idea gives you anxiety or makes you cringe, then you don't have the "Fat is NOT an Option" mindset yet.

If you're having urges on day 17, 30 or 60 of your transformation and you're *slightly considering* bingeing/skipping a workout/not stretching for 10 minutes, then that means that in your mind you haven't truly made the decision.

If you know that you're going to be home alone this weekend and you're worried about relapsing, binge eating, skipping workout etc. then that means you're not ready yet.

You're just prolonging your relapse. Eventually you're going to give in.

Those kind of thoughts do not enter the mind of successful fitness persons. They forgot about being that person a long time ago.

I still get urges, but I dismiss them instantly. I don't feed them or fight them.

Have you ever been attracted to your best friend's girlfriend? Or maybe to a very beautiful cousin? They might arouse you and you might get urges, but hitting on them is just not an option. It's not something you consider, unless you're into incest or don't give a shit about your friend.

I'm telling you, once you have the "Fat is NOT an Option" mindset, staying away from porn is **FUCKING EASY**.

How do you get this mindset though?

I'm afraid that's the difficult part and that's where I can't help you.

Every situation is different and every man has his own reasons for quitting.

I just want to make you aware that **this is the mindset you should be striving for**. If you're struggling a lot or trying too hard then you're doing it wrong.

If you take a look at successful fitness persons you will always notice that they're able to stay away from crap pretty easily, and that's because of this particular mindset.

The "Fat is NOT an Option" mindset is as bulletproof as it can get, but having a journal (accountability) is absolutely crucial too. I don't think I would've ever been able to get this far without having a journal.

Everything helps.

And if you're one of those guys that want to quit both fat and being broke forever, the same mindset still applies. It just changes to "Fat and Broke are NOT an Option".

You will do everything you can to make sure of it.

Pretty simple, eh?

The Problem With Standard Stretching

“Health is not valued until sickness comes”

The main problem with conventional stretching programs is that they often work against your body's physiology rather than with it.

If you take a tight, cold muscle and expose it to prolonged "standard" stretching, you could incur scar tissue and micro-tearing, which could then lead to muscle weakness, inflexibility, and injury.

Obviously that's not what we want.

One study published in The Journal of Strength and Conditioning Research concluded that if you stretch before you lift weights, you could find yourself weaker and "off balanced" in your workouts. Not something we want when hoisting hundreds of pounds of metal.

Analyzing 104 Studies Against Typical Stretching

Researchers at the University of Zagreb began combing through hundreds of earlier experiments in which subjects stretched and, had their muscular strength and power tested. 104 studies met the criteria.

The numbers are sobering, to say the least. Other than general weakness associated with traditional pre-workout stretching, conventional stretching techniques also reduce strength in the stretched muscles by almost 5.5%.

Yikes!

The explosive muscular performance also drops off significantly, by as much as 2.8 %.

In another study, a similar conclusion was reached with the stretched group managing 8.3% less weight on the standard barbell squat.

To put that into perspective, someone who could formerly squat 305lbs now squats 25lbs less because of traditional stretching techniques.

Standard stretching is focused on flexibility instead of mobility

Let's get one thing straight; flexibility does not equal mobility. Many people are flexible are very weak. The opposite is also true; many people who are strong are extremely stiff. Both scenarios are recipes for disaster. We don't want to be weak, but being strong and stiff is a muscle tear waiting to happen.

Furthermore, if we're frank, your body is broken. Years of improper weight training and a lack of proper stretching combined with years of sedentary living have caused your body to become extremely rigid. Specifically, the fascia that is the connective tissue can become "hardened" after the prolonged sedentary behavior. This ages the body, limits/decreases muscle mass and skyrockets the likelihood of injury.

Thankfully anabolic stretching 2.0 can fix all of this and help the body reset itself. This is not your gentle, relaxing yoga kind of stretching. Rather, anabolic stretching 2.0 challenges your body to build both flexibility and strength in the positions you need it most.

By progressively adding weight to your stretches in a proper pattern, you will be building strength into your flexibility and forcing the body to adapt.

The Big Picture

“Action is the foundational key to all success”

If we're completely honest, stretching is about as much fun as visiting a drunk dentist in a third world country. However, unlike visiting that dentist, it's a necessary component for everyone trying to look, feel and perform their best in and out of the gym.

However, it's often ignored and brushed off by many as something that's just not important. Who has time to sit there and relax? You could be hitting supersets of bicep curls while balancing on a Bosu ball with one leg instead.

One thing you probably didn't realize is that stretching, specifically anabolic stretching 2.0, can dramatically speed up muscle growth, strength, and recovery. In this section, I'm going to outline the main problem with "traditional" stretching and eight ways anabolic stretching 2.0 can bring your body to the next level.

1. It flips the muscle building switch to ON

Anabolic stretching 2.0 activates mTOR by focusing on placing a muscle under load in the stretched position and accentuated eccentrics. The more mTOR that is activated, the greater protein synthesis is and the more muscle that can be built.

2. It creates an occlusion effect.

Anabolic stretching will create an oxygen deprived environment in the stretched muscle. As a result, lactate will build up initiating the release of super anabolic, IGF-1 inside the muscle to assist with hypertrophy gains.

3. It increases IGF-1 sensitivity.

More IGF-1 is not better if your body isn't responding well to it. By following anabolic stretching 2.0 protocols, you will increase the sensitivity of the IGF-1 receptors dramatically; making the anabolic response even greater.

4. It causes intramuscular hyperemia

After you release the anabolic stretch, there will be a surge of blood flow into the muscles. This phenomenon is known as intramuscular hyperemia. If your blood contains adequate nutrients via proper post, peri, and pre-workout nutrition, you'll dramatically increase the facilitation of muscle recovery and growth.

5. It fatigues the muscles, stimulating more growth and power.

Since you're using the muscles to perform the anabolic stretch, you'll start to fatigue them from the intensity of the stretch. Fatiguing a muscle is a direct precursor to stimulating muscle growth.

6. Anabolic stretching builds flexible strength

Flexibility does not equal mobility. Many strong athletes are rigid, and many flexible users are weak. With anabolic stretching 2.0, you'll be building strength while becoming more flexible.

Furthermore, unlike standard stretching, you'll not only improve the parallel elastic component (PEC) of the muscle, but also the series elastic components (SEC). AS improves dynamic mobility and are much more transferable to movement performance.

7. Anabolic stretching 2.0 bulletproofs your muscles from tearing

Tears and pulls happen when a muscle is violently stretched. Following AS protocols will help prepare the muscle to deal with something like this, making it almost bulletproof to injury.

8. AS strengthens your tendons

The majority of lifters hit a plateau and can't get stronger because their tendons are weak. AS techniques thickens tendons to overcome this problem . Thicker tendons also allow for more strength gains and as a result, more muscle to be built.

The Big Idea

The idea is to hold a moderate weight in the fully stretched position of an exercise for anywhere from 30 to 60 seconds. An example would be holding a dumbbell flye in the bottom position to target the chest. Gymnasts use their own bodyweight (which we will too).

Loaded versus tensed stretching

Here's the key that many people miss with this technique, though...

You can't just passively maintain the stretch. That will work to some extent, but if you want REAL results from this method, you have to "resist" and "tense" the stretch.

For example, take dumbbell flyes. Come down slowly into the bottom peak stretch, hold for a brief moment, then COME BACK UP just slightly to get some active tension on the muscle.

Once you're there, keep activating the pecs as though you're trying to perform the flye...just don't exert enough force to actually DO the flye, if that makes sense.

As the muscle tires from tensing you will fall deeper into the stretched position.

This is where the magic happens.

The key thing is that you're not really "stretching" like in the way you do with most static stretching...you're resisting the load in the stretched position.

There is a big difference.

And you will feel this difference the first time you try it.

The Science Of Anabolic Stretching 2.0

“The first wealth is health”

What are the most cutting edge techniques Hollywood actors, bodybuilders and pro athletes use to break records and transform at a lightning fast pace? First off is probably drugs; steroids, growth factors, and injected insulin come to mind.

Second is natural supplements such as creatine. Thirdly, nutrition hacks such as carbohydrate depletion/loading, ketosis hacking, etc.

I'm not debating that these methods work; they do. The legality and safety, these Hollywood actors or stage ready bodybuilders are choosing to do to look perfect before they hit the bodybuilding stage/screen is another issue altogether.

What I am saying is this: all these processes share one single crucial factor to muscle building.

That factor?

They STRETCH the shit out of the muscles, cells and connective tissues; driving more nutrients and anabolic hormones into them and forcing them to GROW.

In a protective response to this unstable change brought on by anabolic stretching 2.0, the stretched muscle sheets trigger a spike in muscle cell division, collagen repair and protein splitting. The result is more muscle, stronger tendons, and a head-turning physique

Think of Olympic gymnasts and how they remain drug-free yet have physique development better than the majority of drug-induced bodybuilders.

Mounting scientific evidence continues to point to the simple fact that anabolic stretching at the right time with the right load, is proving to be a major key in developing killer physiques; those that look fucking awesome and perform at their best.

However, of all aspects of fitness, stretching is the one part that is most often ignored by the majority of people. It is just one of those things that gets brushed off to the side as not that important.

Just like I used to, I'm sure the little voice in the back of your head says: "I know I should, but why bother? I don't want to look like some scrawny yoga teacher. I want to be big, strong and powerful."

Well, I hate to break it to you, but anabolic stretching is imperative to one's success. Not only does it bulletproof the body, keeping you from injury, but it also forces your body to produce slabs of muscle no matter how stubborn you thought your body was.

How birds taught us the secret to growth.

In the early 1990s, a groundbreaking study was done on quails (yes birds). In this study, Dr. Jose Antonio attached a weight to the wing of young quail. Over the month, he progressively added more and more weight.

After a month, the level of muscle hypertrophy (growth) was measured as a result of the stress created from the progressive overload. The bird's wing with the attached weight grew by more than 300% (334% exactly).

Analyzing closer, Dr. Antonio discovered evidence of A controversial topic in the strength and conditioning field, hyperplasia. Hyperplasia is the growth of muscles but not through hypertrophy (the increase in size of the fibers.)

Rather it's growth through an increase in the number of fibers.

Think of rice in a pot. When you cook it it expands. If you put more rice grains in at the beginning, it will expand much more when you cook it.

Muscle hyperplasia is the same. When you have more fibres (grains) and induce hypertrophy (cooking) the muscle will grow into much bigger, stronger and healthier fibres.

For (thankfully) obvious reasons, humans couldn't replicate this study exactly as laid out. The last thing we want is someone duct taping themselves to a pull-up bar for a month straight.

Regardless, many hardcore fitness enthusiasts adopted the principle and used anabolic stretches for each muscle group.

Anabolic stretching 2.0 had its critics back in the day, and for a good reason. As evidence up until now, lifters were told to look at the musculature of Olympic gymnasts who have anabolic stretching 2.0 built right into their routine.

Other than this, there was little to no scientific research on humans, until now.

The Tampa Study

Dr. Jacob Wilson put the quail theory to the test in the lab. He was investigating the effects of loaded intra-set stretching on strength and skeletal muscle size in humans.

Twenty-four recreationally trained subjects were randomly assigned and divided into anabolic stretching 2.0 and non-stretching groups.

Both groups performed four sets of 12-rep calf raises on a leg press twice a week for five weeks. The first set was carried out at 90% of subjects' 1-rep max (1RM), followed by three sets in which the weight was progressively decreased by 15% of subjects' 1-RM per set.

The trainees in the anabolic stretching 2.0 group used the weight from the leg press machine to fully stretch their gastrocnemius (the big muscle in your upper calf.) They repeated this process continuously (without rest) three times, stretching 30s between sets and dropping the weight 15% after each set. The other group avoided the intra-set stretching and rested between sets.

As a result, both groups increased strength, but muscle thickness DOUBLED in the group that used the anabolic stretching 2.0 method. In other studies, tendons were stronger and muscles more flexible (meaning less chance of injury and ripped muscles.) Furthermore, recovery seemed to have skyrocketed in the anabolic stretching 2.0 group due to the influx of nutrients, and growth hormone from stretching.

Other Real World Examples

Arnold Schwarzenegger had a unique way of doing dumbbell flyes. He focussed on heaving comparatively huge poundage's through the stretch position of the movement, often only extending through half of the motion. I think most people could agree that Arnold's chest was perhaps his standout body part.

Dante Trudel - inventor of the infamous DC training bodybuilding method - became an early advocate of anabolic stretching for bodybuilding success and was the first one to popularize the use of heavy weights to load the stretches.

Tom Platz, the man who built the most impressive legs in the history of the sport, would start each leg day by performing 45 minutes of super-intense weighted stretches for his legs - specifically his quads.

Ronnie Coleman, the most muscular man who has ever lived, had a unusual way of performing shrugs. He performed a stretch emphasised 'double-hitch', forcing his traps to heave huge poundage's through the stretch position. One look at his traps, and its evident something significant was happening to cause that kind of growth.

Elite bodybuilding experts including Dr. Scott Stevenson and John Meadows are also big supporters of anabolic style stretching for maximum growth.

Tony Schwartz wrote a chapter on this type of training in Christian Thibaudeau life-changing book "Theory and Application of Modern Strength and Power Methods".

The most famous example?

Simply a look at the shoulders and arms of olympic gymnasts. Anabolic stretching is built directly into their training regimen causing olympic level mass gains as well as performance enhancement.

We can even go as far back as 1968 to look at Chuck Swipes training methods for the IFBB Mr. World. There he talked about using lat stretches by attached 100lbs and letting that stretch him out. He was convinced this was integral to overall lat development

The real take-home point here is that there is a certain stimulus which is so severe for the body's muscles that it leads to the division of muscle fibers.

Essentially we're looking at permanent size increases caused by your muscles having more fibers. Going back to the rice and the bag analogy, your muscles will be denser, fuller and much stronger.

Beginners Anabolic Stretching For Muscle Growth

"You shall gain, but you shall pay with sweat, blood, and vomit."

How To Do It

Hold the stretched position of an exercise with weight. That load can be dumbbells, barbells, plates, or even your bodyweight with exercises like chin ups.

Simply lower the weight, slowly, until you reach a position where the target muscle is stretched - this will create the perfect environment for an anabolic surge.

When you reach that position, hold it. Fatigue will cause a deeper stretch. This is good.

If the pain is too much too hold before hitting the required time under load, drop the weights. Take a 5 minute break and then try again with 10-20% lighter weights.

Stretching Duration Length

Aim for a total time of 3-5 minutes, broken into sets of 30-60 seconds each, under load. If you can effortlessly hold the anabolic stretch for 90 seconds or more per set, increase the weight by 10%.

Rest Time Between Stretches

Rest periods are the same duration as the sets. So if you did a 30-second stretch, rest 30 seconds before the next one.

When to do them for muscle growth

As your last workout set of the training session.

Anabolic Stretches Example Per Body Part

Back Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Hold	Rest	Sets
Hang From Pull Up Bar Wide Grip (Weighted Optional)	30-60s	30-60s	3-5 Sets
Straight Arm Barbell Pullover Hold At Bottom	30-60s	30-60s	3-5 Sets

Chest Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Dumbbell Fly With Moderate Elbow Bend Hold	30-60s	30-60s	3-5 Sets
Weighted / BW Dip	30-60s	30-60s	3-5 Sets

Biceps Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Incline Dumbbell bicep curl hold	30-60s	30-60s	3-5 Sets

Shoulders Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Lying Maltese Pronated Grip Hold (arms at 30 degrees)	30-60s	30-60s	3-5 Sets

Triceps Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Bent elbow dumbbell pullover hold	30-60s	30-60s	3-5 Sets

Hams/Glutes Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
RDL Stretch	30-60s	30-60s	3-5 Sets

Quads Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Zercher squat hold	30-60s	30-60s	3-5 Sets

Calves Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

	Stretch Hold	Rest	Sets
Seated calf machine stretch	30-60s	30-60s	3-5 Sets

Proposed Schedule

Whichever body part(s) you are training that day, perform the beginner anabolic stretch routine associated with that body part immediately post workout.

Intermediate Anabolic Stretching For Muscle Growth

“You shall gain, but you shall pay with sweat, blood, and vomit.”

To kick it up a notch we will be doing what are called intra-set (or between sets) anabolic stretching.

Intra-set anabolic stretching is not only one of the best methods of enhancing mobility and strength, but also extremely useful when it comes to muscle building. You increase overall muscular tension while also maximizing the cell swelling response for maximal muscle damage.

How to do it

First do a set to failure in an ultra-high rep range (15+ reps). Then immediately after, let the weight stretch that pumped muscle for 30-60 seconds or until you can no longer tolerate the pain.

The key here: take your set to absolute failure before you execute the anabolic stretch. This means that you can't complete another rep.

NOTE: Use clean form and proper technique. You will be tired but make sure you do not to compensate your joint positioning during the stretch phase. Especially with weight, this could put you in a position for injury.

Drop the weights if form starts to go. If need be, you could even lower the weights used for the stretch.

Stretching Duration Length

As long as possible

Rest Time Between The Exercise Set And Stretch

None

Rest Time Between Sets

2-3 minutes

Back Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
8+ Pull ups with or without weight	Wide grip pull-up hold (can be bodyweight or weight attached)	3	2-3 minutes

Chest Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Incline or Flat bench pec flye	Incline or Flat bench pec flye hold	3	2-3 minutes

Shoulders Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Lateral raises	Trap hanging hold (hold weights at the sides of your body and let gravity do the pulling)	3	2-3 minutes

Triceps Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Overhead tricep press	Overhead tricep press hold	3	2-3 minutes

Biceps Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Incline Bicep curl	Incline Bicep curl hold	3	2-3 minutes

Calves Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Seated calf raise	Seated calf raise	3	2-3 minutes

Quads Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Goblet Squat	Goblet Squat Deep Quad Stretch	3	2-3 minutes

Hamstring/Glutes Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
RDL with dumbbells or bar	RDL with dumbbells or bar	3	2-3 minutes

Proposed Schedule

Whichever body part(s) you are training that day, perform the Intermediate anabolic stretch routine associated with that body part immediately post workout. You may also tack on the beginner anabolic stretch routine following the intermediate protocol. It may add some time to the end of your workout, but your results will speak for themselves.

Anabolic Stretching For A Bulletproofed Body

“If something stands between you and your success, move it.”

Do you know the #1 reason people don't achieve their dream body?

Injury.

Think about it. Ever been on track with everything then all of a sudden a small injury sets you back? It then takes 3-4 weeks to recover and you have to start all over again.

It plain sucks.

See your body will always look for the most economical way to do things. As such, it has learned to use the stretch reflex whenever a muscle has to produce force from an elongated state.

This is good, and we need that protective mechanism. However, it also makes the muscles more prone to injuries because over time, the nervous system becomes less efficient at producing actual contractile force in a stretched position.

So if you are working out and a muscle is suddenly and forcefully stretched, but your muscle is weak in the stretched position, the reflex alone will not hold you up and this increases the risk of tearing that muscle.

Anabolic stretching reprograms your nervous system to become efficient at contracting a muscle when it is elongated bulletproofing it from injury.

Furthermore anabolic stretching increases tendon thickness. Thicker tendons will not only make you less prone to serious injuries but will also make you stronger and more explosive.

How to do it

Perform an anabolic stretch on a rest/off day or at the very end of a workout after you've rested for at least 5 minutes.

Stretching Duration Length

Minimum: 90s

Optimal: 3 minutes in 1 set

Rest Time Between Sets: as little as possible

Anabolic Stretches Example Per Body Part

Back Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Hold	Rest	Sets
Hang From Pull Up Bar Wide Grip (Weighted Optional)	30-60s	30-60s	3-5 Sets
Straight Arm Barbell Pullover Hold At Bottom	30-60s	30-60s	3-5 Sets

Chest Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Dumbbell Fly With Moderate Elbow Bend Hold	30-60s	30-60s	3-5 Sets
Weighted / BW Dip	30-60s	30-60s	3-5 Sets

Biceps Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Incline Dumbbell bicep curl hold	30-60s	30-60s	3-5 Sets

Shoulders Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Lying Maltese Pronated Grip Hold (arms at 30 degrees)	30-60s	30-60s	3-5 Sets

Triceps Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Bent elbow dumbbell pullover hold	30-60s	30-60s	3-5 Sets

Hams/Glutes Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
RDL Stretch	30-60s	30-60s	3-5 Sets

Quads Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Zercher squat hold	30-60s	30-60s	3-5 Sets

Calves Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

	Stretch Hold	Rest	Sets
Seated calf machine stretch	30-60s	30-60s	3-5 Sets

Proposed Schedule

Ideally these would be done on an off day but for time saving sake, you can perform 1-2 of these at the end of your workout. These weights will be significantly lighter than the muscle building anabolic stretches.

Tracking Progress: Your Anabolic Stretching Score

“Nobody fucking cares about what you lift in the gym”

Let me introduce you to an equation that has changed my life:

No tracking = no reminders = no change.

It doesn't matter what area of life you are trying to change. Tracking something is better than tracking nothing. Tracking allows you to develop awareness. Awareness leads to appropriate behaviour change. Behaviour change leads to goals being achieved.

You need to hold yourself accountable and do whatever it takes to drag yourself to the gym. I have never met anyone in my life that couldn't find 10 minutes a day to include some anabolic stretching 2.0. If something comes up then shift things around and make it work. There is simply no excuse. End of story.

By tracking you will improve your results dramatically. When you are tracking your progress then missing a workout or just going through the motions in the gym has real, substantial consequences. Tracking progress is the most effective way to keep yourself disciplined and accountable for your actions.

The simplest way to do it is simply record the weight used and amount of time you held the stretch for.

You cannot expect to get a training result from performing the same exercise, with the same load, for the same duration as you did previously.

Now, your anabolic stretching score will not improve every time you perform a stretch. It should though improve over time on a week to week basis.

The Anabolic Stretches

"Take care of your body. It's the only place you have to live."

Dumbbell Flat Bench Pec-Flye Hold



Dumbbell Incline Bench Pec-Flye Hold



Dip Hold (add weight between feet or with a belt)



Dumbbell Flat Bench Pullover Hold



Hang From Pull Up Bar Wide Grip (Weighted or Bodyweight)



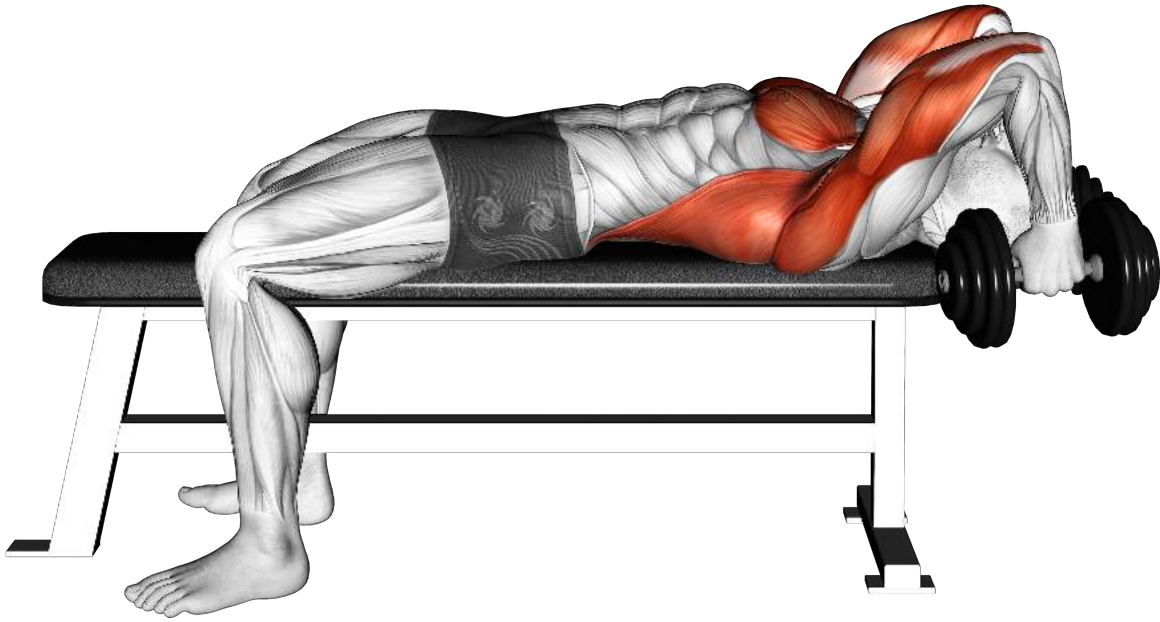
Incline Dumbbell Bicep Stretch



Lying Maltese Hold Pronated Grip



Dumbbell Bent Elbow Pullover Hold



Single leg RDL Stretch



Zercher Squat Hold



Seated Calf Stretch



Common Mistakes & FAQ

“Pain is temporary. Quitting lasts forever.”

While this program is bulletproof, there is always room for extra help. Along the way, these tips have helped my private clients get the most out of the anabolic stretching 2.0 program.

Tip #1: Stretch AFTER you workout.

Stretching, before a weight training session has been proven to weaken your body and make you more uncoordinated. Anabolic stretching 2.0 after your last exercise uses blood flow to help expand the restrictive muscle sheaths.

Better blood flow allows for quicker lactate removal, more anabolic hormone secretion, and increased nutrient delivery.

Tip #2 Use 40-60% of your 1RM for anabolic stretches (possibly even less for beginners)

Whatever free weight load you can handle when completing 8 to 15 reps on an exercise will be the weight used to stretch for 30 seconds. For example, if you can do pec flyes with 50lbs 12 times, then 40-50 pounds is also the weight used during the anabolic stretch. This is simple because 8 to 15 reps correlates to about 60% 1RM.

Tip #3: Don't bounce during the anabolic stretch

We don't want to rip anything or damage joints. If you are bouncing, the weight is too heavy.

Anabolic stretching 2.0 is not a place for ego lifting.

Tip #4: Contract the antagonist (opposite) muscle during the 30-second stretch-hold phase

Successive induction is the name of the game here. Back to our pec fly example, flexing the rear deltoids while doing a pec stretch produces a deeper stretch.

Tip #5 Start at the beginner stage

You don't know how many people I have had that immediately skip to the advanced stage because they think they're tough. Don't do this. Start small and work your way up.

If you're stretching properly by relaxing into each position and not pushing anything, then you will feel calm after the session. Remember not to rush your progress, because patience with your stretching will yield the greatest improvements in your flexibility, strength and mobility.

Tip #6 Tense the stretched muscle for maximum effect

I talked about this before, but I want to reiterate it. You need to be tensing the stretched muscle. The easiest way is to resist the stretch. Flex the working muscle and feel the burn.

These anabolic stretching sets won't be a walk in the park. However they do provide dramatic improvements in muscle gains and muscle health if done properly.

Next Steps

“To be successful, you must dedicate yourself 100% to your training, diet and mental approach”

Success takes time. And in a 24/7, immediate gratification world, time is something we no longer take at face value. Rather than rushing to get to the end of the journey, stop. Smell the roses and enjoy the journey. One word will help you achieve all of life's endeavours.

Patience. If the pursuit of excellence and happiness were easy, everyone would do it.

Impatience is the reason we are in awe of men who walk around looking like a statue of a greek god. Without patience, everyone would be shredded and the goal would be no longer worth achieving.

With Anabolic stretching 2.0, you will not wake up looking like hulk the next morning. When you decide to undergo this transformation, stick to it. Do not compromise. Do not retreat and above all else do not give up. Ever.

Long term results, require long term commitment. Wake up, take action all day and go to sleep. Then do it again and again.

If you bump, press on. Do not waddle. Do not dwell and do not beat yourself up.

Accept it, learn from them and move on.

Throw out the time line. It takes, however long it takes. Your commitment to achieving is what will separate you from everyone else.

When I first started working out, I couldn't do a single chin up. I remember watching the P90x video of Tony Horton in awe as he banged 20 of them out. Today, I can do over 6 them with 90 lbs attached.

Last but not least, break down your massive goal into steps. Small wins feed the soul and will help push you through when times are tough. With my chin ups, I focused on doing one, then two then eventually 10. After that I moved on to attaching just 10 pounds to my bodyweight, moving eventually to a 40 pound vest and now to two 45 pound plates attached.

“Give a man a fish and he will eat for a day. Teach a man to fish and he will eat for a lifetime.”

I am sure you have heard this saying, and it is overused, but this is my philosophy when it comes to teaching and training.

The next thing to do now is go out and take massive fucking action daily. Start with the beginner program and work your way up to the intermediate program (and possibly the advanced program eventually).

1 week from now comeback and reread this blueprint a second time. This time really deep dive and take notes. This will help you internalize all the training and success principles found in this book.

What to do after

Where do all my ambitious, badass students go after Anabolic Stretching? Well there are a few options:

1. First they start with the Advanced AS Program. This is the next level if you are ready for a challenge and want to take your physique to new heights.
2. They use the Badass Body Blueprint to go along side the AS program.
3. They use the Anabolic Sleep Solution to supercharge their life

Now, sometimes people want more. Sometimes, having a program like this isn't enough. If that's YOU, then I'd invite you to join my Anabolic Academy. This is a coaching program on steroids. Yet at a fraction of the cost...

You'll not only get cutting-edge anabolic resources and programs each month...

You'll also get one-on-one access to me, my team, and our private anabolic community for accelerated RESULTS.

And because this is a brand new coaching program I'm giving you FREE access to try it today.

And instead of paying \$500 or even \$1000 per month like most coaching programs... you'll get to transform your life, health, and manhood for only \$47/month after your 7 day free trial. Cancel at any time, no questions asked.

Start your FREE 7 Day Anabolic Academy Trial

I sincerely appreciate you investing in this program and am looking forward to seeing your transformation!

I'm going back to the gym to "carve the diamond"...

To Fitness, Fortune And Freedom,

Peter Tzemis,

petertzemis.com



“Two roads diverged in a wood and I, I took the one less travelled. And that has made all the difference” - Robert Frost

Sources

1. Alway, S. E., P. K. Winchester, M. E. Davis, and W. J. Gonyea. Regionalized adaptations and muscle fiber proliferation in stretch-induced enlargement. *J. Appl. Physiol.* 66(2): 771-781, 1989.
2. Alway, S. E., W. J. Gonyea, and M. E. Davis. Muscle fiber formation and fiber hypertrophy during the onset of stretch-overload. *Am. J. Physiol. (Cell Physiol.)*. 259: C92-C102, 1990.
3. Alway, S.E., W.H. Grumbt, W.J. Gonyea, and J. Stray-Gundersen. Contrasts in muscle and myofibers of elite male and female bodybuilders. *J. Appl. Physiol.* 67(1): 24-31, 1989.
4. Antonio, J. and W. J. Gonyea. The role of fiber hypertrophy and hyperplasia in intermittently stretched avian muscle. *J. Appl. Physiol.* 74(4): 1893-1898, 1993.
5. Antonio, J. and W.J. Gonyea. Progressive stretch overload of avian muscle results in muscle fiber hypertrophy prior to fiber hyperplasia. *J. Appl. Physiol.*, 75(3): 1263-1271, 1993.
6. Antonio, J. and W. J. Gonyea. Muscle fiber splitting in stretch-enlarged avian muscle. *Med. Sci. Sports Exerc.* 26(8): 973-977, 1994.
7. Antonio, J. and W.J. Gonyea. Skeletal muscle fiber hyperplasia. *Med. Sci Sports. Exerc.* 25(12): 1333-1345, 1993.
8. Antonio, J. and W.J. Gonyea. Ring fibers express ventricular myosin in stretch overloaded quail muscle. *Acta. Physiol. Scand.* 152: 429-430, 1994.
9. Armstrong, R. B., P. Marum, P. Tullson, and C. W. Saubert. Acute hypertrophic response of skeletal muscle to removal of synergists. *J. Appl. Physiol.* 46: 835-842, 1979.
10. Ashmore, C. R. and P. J. Summers. Stretch-induced growth of chicken wing muscles: myofibrillar proliferation. *Am. J. Physiol.* 51: C93-C97, 1981.

11. Bischoff, R. Interaction between satellite cells and skeletal muscle fibers. *Development*. 109: 943-952, 1990.
12. Carlson, B. M. The regeneration of skeletal muscle. *Am. J. Anat.* 137: 119-150, 1973.
13. Chalmers, G.R., R. R. Roy, and V. R. Edgerton. Variation and limitations in fiber enzymatic and size responses in hypertrophied muscle. *J. Appl. Physiol.* 73(2): 631-641, 1992.
14. Costill, D. L., E. F. Coyle, W. F. Fink, G. R. Lesmes, and F. A. Witzmann. Adaptations in skeletal muscle following strength training. *J. Appl. Physiol.* 46(1): 96-99, 1979.
15. Cote, C., J. A. Simoneau, P. Lagasse, M. Boulay, M. C. Thibault, M. Marcotte, and C. Bouchard. Isokinetic strength training protocols: do they induce skeletal muscle fiber hypertrophy? *Arch. Phys. Med. Rehabil.* 69: 281-285, 1988.
16. Darr, K. C. and E. Schultz. Exercise induced satellite cell activation in growing and mature skeletal muscle. *J. Appl. Physiol.* 63: 1816-1821, 1987.
17. Giddings, C. J. and W. J. Gonyea. Morphological observations supporting muscle fiber hyperplasia following weight-lifting exercise in cats. *Anat. Rec.* 233: 178-195, 1992.
18. Gollnick, P. D., B. F. Timson, R. L. Moore, and M. Riedy. Muscular enlargement and numbers of fibers in skeletal muscles of rats. *J. Appl. Physiol.* 50: 936-943, 1981.
19. Gollnick, P. D., D. Parsons, M. Riedy, and R. L. Moore. Fiber number and size in overloaded chicken anterior latissimus dorsi muscle. *J. Appl. Physiol.* 1983; 40: 1292-1297, 1983.
20. Gonyea, W. J. and G. C. Ericson. An experimental model for the study of exercise-induced muscle hypertrophy. *J. Appl. Physiol.* 40: 630-633, 1976.
21. Gonyea, W. J. Role of exercise in inducing increases in skeletal muscle fiber number. *J. Appl. Physiol.* 48(3): 421-426, 1980.

22. Gonyea, W. J., D. G. Sale, F. B. Gonyea, and A. Mikesky. Exercise induced increases in muscle fiber number. *Eur. J. Appl. Physiol.* 55: 137-141, 1986.
23. Häggmark, T., E. Jansson, and B. Svane. Cross-sectional area of the thigh muscle in man measured by computed tomography. *Scand. J. Clin. Lab. Invest.* 38: 355-360, 1978.
24. Hather, B. M., P. A. Tesch, P. Buchanan, and G. A. Dudley. Influence of eccentric actions on skeletal muscle adaptations to resistance training. *Acta. Physiol. Scand.* 143: 177-185, 1991.
25. Ho, K. W., R. R. Roy, C. D. Tweedle, W. W. Heusner, W. D. Van Huss, and R. E. Carrow. Skeletal muscle fiber splitting with weight-lifting exercise in rats. *Am. J. Anat.* 157: 433-440, 1980.
26. Holly, R. G., J. G. Barnett, C. R. Ashmore, R. G. Taylor, and P. A. Mole. Stretch-induced growth in chicken wing muscles: a new model of stretch hypertrophy. *Am. J. Physiol.* 238: C62-C71, 1980.
27. Holloszy, J. O. and F. W. Booth. Biochemical adaptations to endurance exercise in muscle. *Rev. Physiol.* 273-291, 1976.
28. Kennedy, J. M., B. R. Eisenberg, S. Kamel, L. J. Sweeney, and R. Zak. Nascent muscle fibers appearance in overloaded chicken slow tonic muscle. *Am. J. Anat.* 181: 203-205, 1988.
29. Larsson, L. and P.A. Tesch. Motor unit fibre density in extremely hypertrophied skeletal muscles in man. *Eur. J. Appl. Physiol.* 55: 130-136, 1986.
30. MacDougall, J. D., D. G. Sale, S. E. Alway, and J. R. Sutton. Muscle fiber number in biceps brachii in bodybuilders and control subjects. *J. Appl. Physiol.* 57: 1399-1403, 1984.
31. MacDougall, J.D. Morphological changes in human skeletal muscle following strength training and immobilization. In: *Human Muscle Power* (pp. 269-288). N.L. Jones, N. McCartney, A. J. McComas (Eds.). Human Kinetics Publisher, Inc. Champaign, Illinois, 1986.

32. McCormick, K. M. and E. Schultz. Mechanisms of nascent fiber formation during avian skeletal muscle hypertrophy. *Dev. Biol.* 150: 319-334, 1992.
33. Mikesky, A. E., W. Matthews, C. J. Giddings, and W. J. Gonyea. Muscle enlargement and exercise performance in the cat. *J. Appl. Sport Sci. Res.* 3: 85-92, 1989.
34. Mikesky, A. E., C. J. Giddings, W. Matthews, and W. J. Gonyea. Changes in muscle fiber size and composition in response to heavy-resistance exercise. *Med. Sci. Sports Exerc.* 23(9): 1042-1049, 1991.
35. Nygaard, E. and E. Nielsen. Skeletal muscle fiber capillarisation with extreme endurance training in man. In Eriksson B, Furberg B (Eds). *Swimming Medicine IV*(vol. 6, pp. 282-293). University Park Press, Baltimore, 1978.
36. Schantz, P., E. Randall Fox, P. Norgen, and A. Tyden. The relationship between mean muscle fiber area and the muscle cross-sectional area of the thigh in subjects with large differences in thigh girth. *Acta Physiol. Scand.* 113: 537-539, 1981.
37. Sjöström, M., J. Lexell, A. Eriksson, and C. C. Taylor. Evidence of fiber hyperplasia in human skeletal muscles from healthy young men? *Eur. J. Appl. Physiol.* 62: 301-304, 1992.
38. Sola, O. M., D. L. Christensen, and A. W. Martin. Hypertrophy and hyperplasia of adult chicken anterior latissimus dorsi muscles following stretch with and without denervation. *Exp. Neurol.* 41: 76-100, 1973.
39. Tamaki, T., S. Uchiyama, and S. Nakano. A weight-lifting exercise model for inducing hypertrophy in the hindlimb muscles of rats. *Med. Sci. Sports Exerc.* 24(8): 881-886, 1992.
40. Tesch, P. A. and L. Larsson. Muscle hypertrophy in bodybuilders. *Eur. J. Appl. Physiol.* 49: 301-306, 1982.
41. Timson, B. F., B. K. Bowlin, G. A. Dudenhoefter, and J. B. George. Fiber number, area and composition of mouse soleus following enlargement. *J. Appl. Physiol.* 58: 619-624, 1985.

42. Vaughan, H. S. and G. Goldspink. Fibre number and fibre size in surgically overloaded muscle. *J. Anat.* 129(2): 293-303, 1979.
43. Winchester, P. K., M. E. Davis, S. E. Alway, and W. J. Gonyea. Satellite cell activation of the stretch-enlarged anterior latissimus dorsi muscle of the adult quail. *Am. J. Physiol.* 260: C206-C212, 1991.
44. Winchester, P. K. and W. J. Gonyea. Regional injury and teminal differentiation of satellite cells in stretched avian slow tonic muscle. *Dev. Biol.* 151: 459-472, 1992.
45. Wong, T. S. and F. W. Booth. Protein metabolism in rat gastrocnemius muscle after stimulated chronic concentric exercise. *J. Appl. Physiol.* 69(5): 1709-1717, 1990.
46. Wong, T. S. and F. W. Booth. Protein metabolism in rat tibialis anterior muscle after stimulated chronic eccentric exercise. *J. Appl. Physiol.* 69(5): 1718-1724, 1990.
47. Yamada, S., N. Buffinger, J. Dimario, and R. C. Strohman. Fibroblast growth factor is stored in fiber extracellular matrix and plays a role in regulating muscle hypertrophy. *Med. Sci. Sports Exerc.* 21(5): S173-S180, 1989.
48. Swank et al., Adding weights to Stretching Exercises Increases Passive Range of Motion for Healthy Elderly, *Journal of Strength and Conditioning Research* Volume 17, Number 2, 2003 pp. 374-378.
49. Funk et al., Impact of Prior Exercise on Hamstring Flexibility: A comparison of Proprioceptive Neuromuscular Facilitation and Static Stretching, *Journal of Strength and Conditioning. Research* Volume 17, Number 3, 2003 pp. 489-492.
50. Robert McAtee, *Facilitated Stretching*, Human Kinetics Publishers 1993
51. Antonio, J., & Gonyea, W. J. (1993, April). Role of muscle fiber hypertrophy and hyperplasia in intermittently stretched avian muscle. Retrieved March 1, 2016, from <https://www.ncbi.nlm.nih.gov/pubmed/8514707>

52. Gergley, J. C. (2013, April). Acute effect of passive static stretching on lower-body strength in moderately trained men. Retrieved March 31, 2017, from <https://www.ncbi.nlm.nih.gov/pubmed/22692125>
53. Broad, W. J. (2013). The science of yoga: the risks and rewards. London: Simon & Schuster.
54. Simic, L., Sarabon, N., & Markovic, G. (2013, March). Does pre-exercise static stretching inhibit maximal muscular performance? A meta-analytical review. Retrieved March 31, 2017, from <https://www.ncbi.nlm.nih.gov/pubmed/22316148>
55. Neural aspects of muscle stretching. Guissard N, Duchateau J. Exerc Sport Sci Rev. 2006 Oct;34(4):154-8.
56. Determining the minimum number of passive stretches necessary to alter musculotendinous stiffness. Ryan ED, Herda TJ, Costa PB, Defreitas JM, Beck TW, Stout J, Cramer JT. J Sports Sci. 2009 Jul;27(9):957-61.
57. The effect of time and frequency of static stretching on flexibility of the hamstring muscles. Bandy WD, Irion JM, Briggler M. Phys Ther. 1997 Oct; 77(10):1090-6.