



**PETER TZEMIS**

**ADVANCED  
ANABOLIC  
STRETCHING**

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ANABOLIC**

# ADVANCED ANABOLIC STRETCHING

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## **I know what you're thinking.**

How could you possibly accelerate the results of the already awesome program: Anabolic Stretching.

Hopefully, your beliefs about stretching have changed. The school of thought that it certainly isn't for guys built like tanks and that can deadlift trains.

**The point of this manual was to solve the main problem behind anabolic stretching: the need for weights.**

Whenever I or my clients would travel, anabolic stretching was not always possible. Free weights, ironically aren't as popular around the world as they are in North America.

Advanced AS solves this issue. The entire program is bodyweight. You could even say it's an anabolic yoga routine. Because that's where the science and routine stem from.

**Yoga for men? Really? Yes.**

Yoga should be not some four letter word practiced by women only. There is no point in being strong as an ox if you can't bend over to tie your shoe. If you lack basic flexibility in your training, eventually your quality of life, and training, will take a big hit.

Get good at the Adv anabolic stretching routine, and I can guarantee that you'll become a better overall athlete, lifter, or bodybuilder.

## **The Science of Advanced Anabolic Stretching**

Yoga is a unique practice. It can not only improve flexibility and mobility but can also reduce stress, prevent and treat injury, while improving respiration and overall body composition.

But that's common knowledge.

Add a little creativity, and you can turn yoga into advanced anabolic stretching: a practice that boosts testosterone and muscle with simple bodyweight work in just 15-20 minutes

I first learned about the effects of testosterone in a fantastic book I read called The Science of Yoga by William J Broad.

**In a 2001 Russian experiment, the researchers determined that cortisol levels dropped in the volunteers by an average of 11% after holding a simple bodyweight stretch for just 2-3 minutes.**

More interestingly, the researchers found that testosterone levels increased in the volunteers by an average of 16%, with one male subject experiencing a 33% increase. The lone female in the study experienced a whopping 55% increase in her testosterone levels.

Pretty freaking awesome, if you ask me.

Furthermore in the 1970's Indian scientists conducted a study on a dozen young men who underwent yoga training for six months. The scientists took urine samples from the subjects both at the beginning and at the end of the training program.

**After six months testosterone was permanently increased by 57%!**

This was because the advanced anabolic stretching techniques improved the microcirculation of the blood through the men's organs forcing more testosterone and GH into the bloodstream.

## **The Advanced Anabolic Stretching BW Routine**

It might seem a bit counterintuitive that gentle stretching, deep breathing, and meditation can have any effect on testosterone production.

**After all, Testosterone fuels aggression and sex drive.**

The only way to know for sure is to try it and feel the raw power yourself. Seven days of this and I guarantee you'll be hooked.

Right now we are going to do an overview of each pose and then give you the simple routine in a chart to follow.

### **Adv As Stretch 1 - The Cobra**



The cobra pose is perfect for bulletproofing the spine, firming the buttocks, and opening the heart and lungs. This pose is also ideal to boost testosterone production as far as research is concerned. A study that was published in Human Physiology found that this stretch held off lowered cortisol levels and caused a 16% increase in testosterone.

### **Adv As Stretch 2 - The full lotus**



This yoga stretch is best for meditation, but it also helps opens the hips and flexes the joints. Start with the butterfly pose and then work your way up to doing the full lotus.

### **Adv As Stretch 3 - The Plow pose**



This one you'll need to get the hang of. It's best for boosting mood, energy levels, and calmness. As a result, this decreases cortisol and increases testosterone and balances hormones. However, if you have neck problems, you may want to skip this pose as it does put a bit of a strain on the neck.

### **Adv As Stretch 4 - The locust pose**



Although this pose appears simple, it does require quite a bit of core strength and shoulder flexibility. Those with severe back and neck problems should be cautious about doing this pose. That being said, The Locust pose has a positive effect on prostate health (an important organ for male reproductive health)

### **Adv As Stretch 5 - Supine spinal twist**



This pose is known to relieve stress and stimulate internal and endocrine organs while complimenting all the front and back poses. This pose can boost testosterone production directly by stimulating endocrine organs or by simply relieving stress.

### **Adv As Stretch 6 - Shoulder stand**



While appearing awkward, it's not. The shoulder stand, because of its upside down nature, allows for enhanced blood circulation to places that may not always get enough blood flow (due to gravity.)

Note: If you have neck problems, simply hold a blanket or pillow underneath your shoulders while attempting this pose.

### **Adv As Stretch 7 - Wheel Pose**



This may be one of the most difficult poses listed here, and it takes the time to get the hang of it. The wheel pose stimulates reproductive organs and boosts energy levels. If you are a yoga beginner, you may not yet be flexible enough for this pose as the pose does require quite a bit of flexing to get it right. But flexibility does come with consistency and regular practice so, with time, you'll surely master this pose for a testosterone boost.



## **Adv As Stretch 8 - The Bow**



Similar to the Cobra, this pose is so called because it looks like an archer's bow, the torso and legs representing the body of the bow, and the arms the string.

## **Advanced Anabolic Stretching Routine**

<b>Stretch</b>	<b>Beginner hold time</b>	<b>Intermediate hold time</b>	<b>Advanced hold time</b>
<b>Cobra</b>	1 min	2-3 min	4-5 min
<b>Bow</b>	1 min	2-3 min	4-5 min
<b>Full lotus</b>	1 min	2-3 min	4-5 min
<b>Plow</b>	1 min	2-3 min	4-5 min
<b>Locust</b>	1 min	2-3 min	4-5 min
<b>Supine Spinal Twist</b>	1 min	2-3 min	4-5 min
<b>Shoulder Stand</b>	1 min	2-3 min	4-5 min
<b>Wheel pose</b>	1 min	2-3 min	4-5 min

Notes: perform this routine 3-4x a week up to 7. Move seamlessly between movements. If one is too hard, skip it. Work your flexibility until you can hold a position properly. Within a few weeks you should be able to perform each and every single one.

### **Conclusion**

Hormones are the number one dictator of your fitness and health.

Study after study concludes that yoga and now adv as improves testosterone production via the same mechanisms as other more vigorous exercises.

Advanced AS is meant to be an add-on to the original program AS. It will improve flexibility, lower blood pressure and cholesterol, improve respiration, help manage and rehabilitate injuries and boost testosterone and increase muscle mass - all with just your bodyweight.

Yoga is not just for your girlfriend or wife anymore. It's a keystone practice that can dramatically improve the quality of your life.

To fitness, fortune and freedom,

Peter