

The book cover features a black and white photograph of a muscular man, Peter Tzemis, with a towel draped over his shoulders. He is looking down, and his abdominal muscles are prominently displayed. The background is dark and textured. The author's name is at the top, and the title is at the bottom, both in red, bold, outlined letters.

PETER TZEMIS

**ANABOLIC
STRETCHING**

ANABOLIC STRECHING



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Chapter 1 - Fuck Yes

"Suffer the pain of discipline or the pain of regret"

FUCK YES!

I AM DAMN IMPRESSED. I REALLY AM. FOR A GUY LIKE YOU TO TAKE THE KIND OF DECISIVE ACTION YOU JUST TOOK IS RARE.

I want to congratulate you right now on making a wise and extreme profitable decision. It's going to pay off for you BIG TIME.

My bet is you're the kind of guy that, like me, has set his sights on the prize. One that refuses to be distracted by minutia.

Because we all know, deep down, every single guy wants to walk around looking like a greek god. Yet few are willing to do whatever it takes.

You, my friend are willing.

You're going to make it, too. Especially if I have anything say about it. Welcome to Tzemis Fitness

From this day forward, consider me your personal coach, trainer and mentor. I want to congratulate you right now on making a wise and extremely profitable decision. It's going to pay off for you BIG TIME.

So, first things first...

LET ME SHARE WITH YOU #1 SECRET TO BUILDING A BADASS BODY IN MINIMUM TIME...

A secret to accelerate your status building, body-sculpting efforts. Getting to that elite six pack status level simpler, faster and easier than you ever thought possible.

Because the fact is, I did it. And I know exactly what it takes.

Now? I want to help you do the same. If you'll permit me, I AM GOING TO TAKE CHARGE of your destiny.

That means nobody fails on my watch. NOBODY. It's time to finally: F.O.C.U.S.

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Follow One Course Until Successful.

Being a finisher is one of the most important life skills you can learn. How many times in the past have you started something and not finished it? Or said you were gonna do something and not followed through.

It's time it wipe the slate clean. By joining the Tzemis Empire, you are now a finisher.

By reading this you are committed to becoming the most badass version of yourself and bringing about that body, that badass head turning, panty soaking body that commands respect. This body has been laying dormant for years, pressed by society and their bullshit game...

Not anymore. Now your on my team. Get ready to meet the beast.

You're not the first to feel that trembling of the earth beneath your feet... that intoxicating rush of adrenaline... that overwhelming Hulk-like desire to pound your clenched fist on the table and say...

FUCK YES!

I'm doing this now and no one is going to stop me! And with my help, YOU WILL.

Get ready to start walking around and have heads turning, staring in awe at your jaw dropping, superhero ready physique.

Get ready for ultimate respect and envy. Get ready to join the elite Badass Body Brotherhood...

Not long from now you're going to look back on the action you just took to bet on yourself and invest in the Badass Body Blueprint for men as one of the important decisions in your life

You wanna know something interesting about yourself that no ones really had the guts to tell you?

You're not normal

You're not like everyone else and you've known it for a long time too

Neither am I dude...I've known it for a long time too. Everyone else is "average". Normal. Satisfied with a decent home, 9-5 job, settling down with an average woman and satisfied with waking up every morning, looking in the mirror seeing an average physique.

I am not.

I loathe normal. I laugh at it

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Even when I was broke and obese; I was not normal.

And now when I do fitness photoshoots with cover model worthy girls I am still not normal.

In fact my taste are simple - I prefer the best. Period. Nothing more, nothing less.

As one of my mentors told me in regards to money, women and superhero bodies : “Look around Peter...there is no preference for average”

Bottom line is this...

I don't care how much money you have or many girls you bang. If you can't take care of yourself you can never be a leader.

By investing in yourself today you've said loud and clear that your not like the aimless sea of mediocrity out there.

You want more, you deserve more.You're destined for greatness. YOU'RE ONE OF US...

Look, You may not want to admit it, but that excess fat can and will destroy your most precious relationships, your health and even your career. It will sap your energy and drain you of your manhood, 1 pound at a time...

I don't want ANY of these things happen to you. And I don't want to see you end up like “everyone else” who goes through life WISHING they looked leaner and felt better about themselves.

So to answer your question, why I wrote this book it is for one reason.

So that you can reclaim your body, your health and ultimately your life. So you can become the man you were always destined to be. The man we both know deep down, you dream to be. It's a strange phenomenon, but when you find a way to break free and see your body evolve every single week and master you body, your whole life just tends to follow suit.

You'll look better, feel better, and have more energy, while improving your personal and social life in ways you could never imagine. It's time to flip the six pack switch now...

Welcome to the Team brother... Let's CRUSH this TOGETHER!

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Chapter 2 - Goal Setting, Beliefs And Mindset

"We are what we repeatedly do. Excellence therefore is not an act, but a habit" - Aristotle

There are 2 reasons people don't achieve their goals - whether it's financial, relationship or health:

1. Because they fail to have enough reason to act. Instead of a must, their goal would be *nice to have*.
2. There are no reminders. Like new years resolutions, they set it and forget it, hoping it will somehow manifest itself.

The Big Secret The Ripped And Jacked Are Keep From You

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, 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.

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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, fuck a prostitute, 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 every morning and 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 10, 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.

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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?

Tracking Success

Let me introduce you to an equation that has changed my life" No tracking = no reminders = no behavioural 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.

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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. 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.

What to track

1. Stretches + weight added

What stretches are you performing. How much weight? Increases, decreases in weight. The more you have to track the more likely you are to progress and stay committed.

When you track, you are able to see your body evolve over time. Something you miss day to day as you continuously check yourself out in the mirror

2. General well being

Obviously if you start feeling like shit, stop. While it's admired to push through the pain, no point in pushing yourself over the edge only to spend the next 3 months in recovery.

3. Physique Measurements + Weight

While weight isn't necessarily that important, it does provide a bench mark. What is important is body fat percentage. Track it weekly. The best way is too use these callipers and make a chart. As for Weight, I usually weight myself every morning. It reaffirms my commitment to my body and shows me where I'm at.



Chapter 3 - The Problem With Standard Stretching

"Health is not valued until sickness comes" - Thomas Fuller

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.

My goal for you is to supercharge your muscle and bulletproof your body. Getting injured is one of the worst experiences. You feel helpless. And you can't help but watch your body wither into a raisin.

To avoid this, here are five more red signs you need to watch out for.

1. Information Overload

Is it good? Bad? 30-second stretches vs. 120s stretches. Too much information can put a damper on progress as well as simple execution. And execution is the name of the game.

2. Thinking you need access to high end techniques to get the benefits

Some of us, myself included, simply don't have the resources too engage in some of the futuristic recovery techniques. As a result many people simply give up on recovery techniques. This is wrong. There are many plebeian methods available to the public - anabolic stretching is one of them.

Don't delude yourself into thinking you need to be in cryogenic tanks and have physiotherapists work on you daily. You don't.

3. Stretching makes you weaker especially pre workout

Many professionals have prescribed stretching before exercise as a form of warm up. This is wrong.

A 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

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something we want when hoisting hundreds of pounds of metal.

4. 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 can fix all of this and help the body reset itself. This is not your gentle, relaxing yoga kind of stretching. Rather, anabolic stretching 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.

5. Improper technique teachings

Like many things in life, stretching done improperly can have created serious health problems. Ripped muscles, poor health, immobility, joint problems and tendon/ligament tears are just a few. Make sure you have a good, go-to-manual designed FOR MEN.



Chapter 4 - The Big Picture

"Action is the foundational key to all success." - Pablo Picasso

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, can dramatically speed up muscle growth, strength, and recovery. In this article, I'm going to outline the main problem with "traditional" stretching and eight ways anabolic stretching can bring your body to the next level.

Instead, the ideal time to stretch for overall health, performance and increasing muscle mass is right after your workout. At this point, the connective tissues are already being stretched from the blood volume in the muscles. By manually stretching the muscles post workout, you get a double whammy effect; dramatically increasing the muscle fibers growth potential. And if you include some anabolic stretching, your results will 10x. Here are 8 More reasons to stretch:

1. It flips the muscle building switch to ON

Anabolic stretching activates mTOR. The more mTOR is activated, the greater protein synthesis will be.

2. It creates an occlusion effect.

Anabolic stretching lasting 45+ seconds 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. The more IGF-1 released, the more killer muscle you'll build.

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 protocols, you will increase the sensitivity of the IGF-1 receptors dramatically; making the anabolic response even greater.

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4. It causes intramuscular hyperthermia

After you release the anabolic stretch, there will be a surge of blood flow into the muscles. This phenomenon is known as intramuscular hyperthermia. 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 transfers over to your workout.

Flexibility does not equal mobility. Many strong athletes are rigid, and many flexible users are weak. With anabolic stretching, 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 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 strengthen tendons to overcome this problem.

Get it straight. The actual time commitment to doing these anabolic stretches is minimal 5-10 minutes at most following a weight training session. Grab some light weights and hold the stretch for 30-60s to unleash a flood of anabolic hormones. My favorite is the anabolic peck fly stretch.

It's a surefire way to force the body to supercharge your muscle gaining potential, double recovery and see noticeable improvements in your muscle fullness and separation within the next 6-8 weeks.

Yeah, it's still going hurt, but this time you'll have a ton of extra head turning muscle to show for it!

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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).

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Chapter 5 - Theory + Science

"The first wealth is health" - Emerson

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 training, 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, 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."

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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% (318 % exactly).

Looking closely, 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.

For 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 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 built right into their routine. Other than this, there was little to no scientific research on humans.

However, that time is over

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 and non-stretching groups.

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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 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 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 group due to the influx of nutrients, and growth hormone from stretching.

Analyzing 104 Studies Against Typical Stretching

If that's not enough evidence to start giving anabolic stretching a shot, how about 104 studies proving without a doubt that traditional stretching is absolute garbage for your physique, performance, and health.

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.

So with all that geek speak out of the way it's time to put everything into action.

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Chapter 6 - Anabolic Stretching For Beginners

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

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. As exhaustion sets in you won't have the strength to hold the weight. Drop it then.

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 10-15%.

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.

Anabolic Stretches Example Per Body Part

Back Anabolic Stretch

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

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Chest Anabolic Stretch

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

Shoulders & Arms Anabolic Stretch

Stretch	Hold	Rest	Sets	Demo
LYING MALTESE HOLD - ARMS CLOSE TO BODY - SUPINATED GRIP	30-60s	30-60s	3 Sets	Link
LYING MALTESE HOLD - ARMS AT 30 DEGREES - PRONATED GRIP	30-60s	30-60s	3 Sets	Link
BENT ELBOW DUMBBELL PULLOVER HOLD	30-60s	30-60s	3 Sets	Link

Legs Anabolic Stretch

Stretch	Hold	Rest	Sets	Demo
RDL Stretch	30-60s	30-60s	3 Sets	Link
ZERCHER SQUAT HOLD	30-60s	30-60s	3 Sets	Link
Calf Stretch	30-60s	30-60s	3 Sets	Link

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. On off days, follow the active recovery guidelines and advanced recovery techniques.

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Chapter 7 - Anabolic Stretching For Intermediates

"Pain is temporary. Quitting lasts forever." – Lance Armstrong

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

30s to failure

Rest Time

None

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Intermediate Stretches routine

Chest

Stretch	Failure Set	Anabolic Stretch	Sets	Rest btw Sets	Demo
Flat Bench Pec Fly	15+ Reps	30s - Failure	3	2-3 minutes	

Back

Stretch	Failure Set	Anabolic Stretch	Sets	Rest btw Sets	Demo
Wide Grip Pull up hang-hold	8+ Reps with or without weight	30s – Failure with or without weight attached	3	2-3 minutes	

Legs

Stretch	Failure Set	Anabolic Stretch	Sets	Rest btw Sets	Demo
RDL with dumbbells	15+ Reps	30s - Failure holding weight	2	2-3 minutes	
Bodyweight Squat Quad Stretch	15+ Reps	30s - Failure	2	2-3 minutes	

Biceps & Triceps

Stretch	Failure Set	Anabolic Stretch	Sets	Rest btw Sets	Demo
Incline dumbbell curl	15+ Reps	30s - Failure with weight	3	2 minutes	
Tricep Rope Extension	15+ Reps	30s - Failure with weight	3	2 minutes	

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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.

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Chapter 8 - Anabolic Stretching For Advanced

*"I'm not out there sweating for three hours every day just to find out what it feels like to sweat."
– Michael Jordan*

What's the best way to add lean mass? Not a little bit of lean mass, an aberration of lean mass...pure, absolute, unbridled hypertrophy. Advanced Anabolic Stretching is your answer. Get ready for some mental warfare. You've never done sets like these.

How To Do It

Drop sets with a 30s weighted anabolic stretch hold between sets.

1. At or near the end of a workout, use a weight you can lift for 12-plus reps.
2. When you reach failure, let the weight stretch your targeted muscle for at least 30 seconds.
3. Put the weight down and immediately pick up a lighter set of dumbbells (about 10-20% lighter).
4. Rep out again and then let the weight stretch your targeted muscle for another 30 seconds.
5. Repeat two more times without resting.

Stretching Duration Length

30 seconds. Do these once or twice a week on selected body parts for six weeks

Rest Time

No rest between sets

Important Note

Anabolic stretches, like many exercises, can be dangerous if performed incorrectly. Therefore its imperative form is perfect and that you use moderate to light weights. Go deep enough to feel it in the targeted muscle but don't go too far and instead feel it in the joints or ligaments. If you feel weird pain, drop the weights.

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Advanced Anabolic Stretches Routine

Chest - Flat Bench Dumbbell Flye: Use approximately 40% of the weight of your 1- RM and drop down into the deepest flye you can on a flat bench. Hold it in the fully- stretched position while maintaining a slight bend in your elbows. Gravity will slowly start to take hold as the set continues, but stay in it until you feel your form start to compromise.

Set	Reps	Anabolic Stretch	Notes
1	Failure	30s	Drop weight by 10-20% then proceed to set 2
2	Failure	30s	Drop weight by 10-20% then proceed to set 3
3	Failure	Hold until failure	Try not to die

Legs Option 1 - DB Romanian Deadlift: Emphasize the bottom position with dumbbells or a barbell held at ankle or mid-shin height (depending on your biomechanics).\Extend your hips back as far as you can with your weight on your heels for maximum tension on the hamstrings. Keep the weight as close to your body as possible.

Set	Reps	Anabolic Stretch	Notes
1	Failure	30s	Drop weight by 10-20% then proceed to set 2
2	Failure	30s	Drop weight by 10-20% then proceed to set 3
3	Failure	Hold until failure	Try not to die

Legs Option 2 - Squat: Between sets of a quad-focused squat movement, sit on the backs of your heels and place your hands on the floor behind you to support your body.

Set	Reps	Anabolic Stretch	Notes
1	Failure	30s	Drop weight by 10-20% then proceed to set 2
2	Failure	30s	Drop weight by 10-20% then proceed to set 3
3	Failure	Hold until failure	Try not to die

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Legs Option 3 - Seated calf exercise: Between sets of the exercise, let the weight stretch you out instead of simply resting.

Set	Reps	Anabolic Stretch	Notes
1	Failure	30s	Drop weight by 10-20% then proceed to set 2
2	Failure	30s	Drop weight by 10-20% then proceed to set 3
3	Failure	Hold until failure	Try not to die

Back Option 1 - Shrug: Following a set a shrugs, allow the weight to keep you in a static hold position at full eccentric. Don't let the weight rest against your sides.

Set	Reps	Anabolic Stretch	Notes
1	Failure	30s	Drop weight by 10-20% then proceed to set 2
2	Failure	30s	Drop weight by 10-20% then proceed to set 3
3	Failure	Hold until failure	Try not to die

Back Option 2 - Pull-Up: After completing a set of weighted pull-ups, fully extend your arms and hang. Keep your feet off the ground for maximal tension. Repeat using lighter weight (or bodyweight) for 2 or 3 additional sets.

Set	Reps	Anabolic Stretch	Notes
1	Failure	30s	Drop weight by 10-20% then proceed to set 2
2	Failure	30s	Drop weight by 10-20% then proceed to set 3
3	Failure	Hold until failure	Try not to die

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Biceps - Incline Seated Dumbbell Curl: Between sets, let the weight pull you into controlled hyperextension at the shoulder for at least 30 seconds. Be sure to flex your triceps at full extension to maximize stretch and tension. Drop the weight and repeat the process 2 or 3 more times.

Set	Reps	Anabolic Stretch	Notes
1	Failure	30s	Drop weight by 10-20% then proceed to set 2
2	Failure	30s	Drop weight by 10-20% then proceed to set 3
3	Failure	Hold until failure	Try not to die

Triceps - Rope Extension: Between sets of triceps rope extensions, let the rope pull you back into a stretched position and hold for at least 30 seconds. Reduce the resistance and repeat 2 or 3 more times without resting in-between sets.

Set	Reps	Anabolic Stretch	Notes
1	Failure	30s	Drop weight by 10-20% then proceed to set 2
2	Failure	30s	Drop weight by 10-20% then proceed to set 3
3	Failure	Hold until failure	Try not to die

Proposed Schedule

Whichever body part(s) you are training that day, perform the Advanced anabolic stretch routine associated with that body part immediately to finish off your workout. Once you complete the anabolic drop set, go through the beginner routine to finish everything off.



Chapter 9 - Advanced Recovery methods

*“We do not stop exercising because we grow old – we grow old because we stop exercising.” –
Dr. Kenneth Cooper*

On your off days (or even on your training days), you may choose to engage in what I like to call active recovery behaviours. These are meant to increase mobility, rest and strengthen all the bodies systems while simultaneously expediting recovery.

Contrast Showers

Also known as hydrotherapy, Cold showers have been around for centuries, with Spartan warriors taking a cold shower each day to jolt them into reality.

A cold shower can raise testosterone levels, lower levels of cortisol, boost your immune system, and increase your mental toughness.

Cold showers also work as a form of “cardio, as you’ll quickly find your heart pumping to warm your limbs. Cold showers have even been used to treat mild symptoms of depression and some hypothesize cold showers may be beneficial in the treatment of Chronic Fatigue Syndrome.

At the very least, a cold shower will wake you up.

Another side benefit of cold showers is cold water does not dry your skin. Your skin will be softer and more hydrated after getting out of a cold shower.

Having taken cold showers and contrast showers, I’ve learned contrast showers work more effectively for me.

Contrast showers have been shown to help you recover from hard workouts, as they increase the circulation of lymphatic fluid and improve blood flow. Contrast showers also improve blood circulation and reduce feelings of stress.

When taking a contrast shower, start off by running warm to hot water. Run the hot water over your body for 30-60 seconds. Then switch the water all the way to cold. For 30-60 seconds, remain under the cold water.

Switch back between hot and cold water 3-5 times, finishing with the water set to cold. [I wrote an entire article about it here.](#)

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Meditation

Almost every single successful person I have ever had the great fortune of meeting practices some form of meditation on a daily basis.

Meditation is essentially a mind bath. It helps cleanse all the crap that's built up in our day to day lives. It allows us to gain altitude over our lives - to see our life from a 30,000-foot view. Meditation allows us to regain control over our hectic lives. By taking one step back, meditation allows us to leap three steps forward.

The best way I have found to start meditating consistently is by using an app called Headspace. Headspace provides daily 10 min plus audio recordings that guide you along a meditative process. It's free for the first ten days but once you start you'll get addicted to the feeling.

Another option if you can't possibly find ten minutes extra per day is to follow the program 3-minute meditations by my friend Adam Michael Brewer.

It is doable, realistic, time-friendly and all-inclusive and will provide you with physical, mental and emotional harmony.

[You can pick it up here](#)

Diaphragmic breathing

People are stressed out! Ever-increasing responsibilities, pressure and a 24/7 society take their toll by negatively affecting our metabolic, neuroendocrine and immune systems. This stress affects the way we breathe, constricting us to short, shallow breaths; resulting in physical and neurological imbalances due to poor oxygen consumption.

Thankfully, breathing retraining is very simple and effective. By practicing diaphragmic breathing techniques, you can reduce anxiety, bring your entire body back into balance and flood your system with much-needed oxygen.

Lie down flat and place one hand on your belly and one hand on your stomach. Relax all your muscles and begin breathing deeply. Pull air into your belly first and then into your chest.

If done correctly, you'll feel the hand on your stomach rise for the first two-thirds of the breath; your chest and that hand will rise for the last third of the breath. Make sure your exhalation lasts twice as long as your inhalation. I do a count of four seconds in, eight seconds out. Do this for 5 minutes.

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This is one of those times where I don't advise "pushing it." Enjoy the process of relaxation.

Walking

It is very clear by now that while the Anabolic Stretching system is incredibly effective, it is also demanding and taxing. Furthermore it is not the end all be all of recovery.

Because of that, it's necessary that we do more to facilitate recovery than just leave the gym and hit the couch.

Instead, AS uses a very mild form of active recovery. Simply, I want you to walk. After every single weight training workout for 10 minutes, and at some point on every off day, I want you to walk for 30-60 minutes.

Whether it's on a treadmill, or outside or in circles around your office; Just do it. You can also ride a bike or jump some rope. Just 10 minutes of slow, easy movement and 30-60 on off days.

The idea is blood flow. After intense exercise, the single best thing you need to do is keep the body moving. So you must walk or ride or whatever, but just move. **That's mandatory.**

In addition, you're going to wake up after your first anabolic stretch and be a bit sore, and when that happens, take a walk.

Do some bodyweight squats. The more blood you get to those muscles that are sore, the faster they'll recover. So if your arms are sore just bang out a few push ups or just do some very light weight bicep curls.

My point is, help your body heal, don't just lay around and wait to magically feel better.



Chapter 10 - Making Success Automatic - 3 Steps to ensuring 100% achievement

"If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them." – Bruce Lee

I remember sitting on the bus a few years ago when this man the size of hippopotamus waddles on board. His size, to say the least, was impressive.

The scary part was that he had two bags full of McDonald's goodies. In the 15 minutes that ensued until I got off at my stop, he managed to devour two big Macs, a large fries, a large coke, ten nuggets and two pies (which I believe were both apples).

Walking home after getting off, I remember asking myself

How can he rationalize eating so much? He takes up two seats, can barely walk and his XXXL clothes looked a tad too tight.

The answer? He can't. Just like I can't rationalize getting up extra early on Saturdays to play four hours of video games (not so much anymore, thankfully) when I should be working on my business.

Human nature sucks. We break commitments to ourselves, almost as much as we break bread. Why? Because logic fails.

Thankfully ten decades of psychology has taught us that we can make success automatic by reverse engineering what would make us stray in the first place.

Here are three bulletproof tips to ensure you achieve success with the anabolic stretching program:

1. Reverse betting

Introduced to me by my friend Mike Vacanti (ontheregimen.com), the reverse bet is exactly what it seems. You set a goal and bet a consequence to losing if you don't achieve said goal on time/to the caliber you originally outlined. Hence why it's a reverse bet, instead of winning, you lose; well not really since you are achieving your goals - but you get the point.

Mike Vacanti reverse bets his entire net worth. Obviously, that's slightly insane, so for us, normal

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folk here's what you can do. Take some money you would hate to part with. It should be an uncomfortable amount. Then set a goal, and the consequence is that you throw that amount of money out the window.

That should light a fire under your ass.

2. Photo mounting and Journaling

This has more to do with daily reminders than anything else. A significant barrier to achieving goals is forgetfulness; more specifically that we forget about them soon after we set them.

The first few days, inspiration is sky high. But then something happens, results don't happen as quickly as we thought, progress slows and motivation wavers. Our once attainable goal now seems like a far away mission. Most give up and end up right where they started.

The solution? Consistent reminders and check in's

When I finally successfully transformed my body and kept it there, it was because I carried around a fat photo of myself in my pocket on a daily basis. Furthermore, I had one mounted in my room to remind me every morning and every night.

Whenever I would have the urge to cheat on my diet or skip the gym, there was the photo, reminding me of who I am and where I need to go. Transforming and staying fit, became effortless.

The other tactic I used was daily journaling. In the morning I would write out my goals, by hand. This served as a reminder and set up the rest of the day to be aligned with said goal.

At night was where the magic happened. I would simply do a daily check in regarding my goal. How was my diet that day? Did I go to the gym? What could I have done better? What did I do amazing today?

The mere thought of having to write down I cheated on my diet, or I skipped the gym was enough for me not to do those things.

3. Kaizen

Kaizen is a Japanese term and means small daily improvements. You aren't going to get huge and shredded overnight. You aren't going to make a million dollars overnight, and you certainly aren't going to find the person of your dreams overnight. It happens, little by little over time.

1% better every single day is the goal. I promise if you commit to small daily improvements, you will

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achieve anything you set your mind too. If 10 minutes of stretching is too much, start with just one stretch post workout. Or better yet, just start with the anabolic morning protocol.

Just a few minutes every morning, then add in anabolic stretching. Eventually, you'll have become a master and wonder how you were able to complete just 2 minutes of it at the beginning.



Chapter 11 - Common Mistakes / FAQ

"The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results." – Anthony Robbins

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 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 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: Hold stretches for 30 seconds

Walter and Bandy et al. found a 30-second stretch was better at improving hamstring range of motion compared with both 15 second and 60-second holds.

Tip #3 Use 40-60% of your 1RM for anabolic stretches

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 #4: Don't bounce during the 30-second anabolic stretch

We don't want to rip anything or damage joints. If you are bouncing, the weight is too heavy. Anabolic stretching is not a place for ego lifting.

Tip #5: 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.

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Tip #6 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.



Chapter 12 - Conclusion + Next Steps

Quote - To be successful, you must dedicate yourself 100% to your training, diet and mental approach. – Arnold Schwarzenegger

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 impatience, everyone would be shredded and the goal would be no longer worth achieving.

With Anabolic stretching, you will not wake up looking like hulk the next morning. When you decide to undergo this transformation, stick to it. Do not comprise. 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 them out. Today, I can do 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 advanced program.

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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 AS? 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 Badass Body Coaching Program.

This is a 4 - 8 month program where I create a customized meal plan and workout protocol for you, then support you in your success every single week. You can email me personally as often as you like, and I'll keep track of your progress and make tweaks to the program as you go to ensure your success.

To join this program though, there are 4 prerequisites:

1. You must be able to access a gym 3x per week
2. You must count macros
3. You must track your progress
4. You must be a badass and an action taker

If you can do these 4 things and you want my personal help taking your body to the muscular Badass Physique, then go here now:

Badass Body Coaching Program

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

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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



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