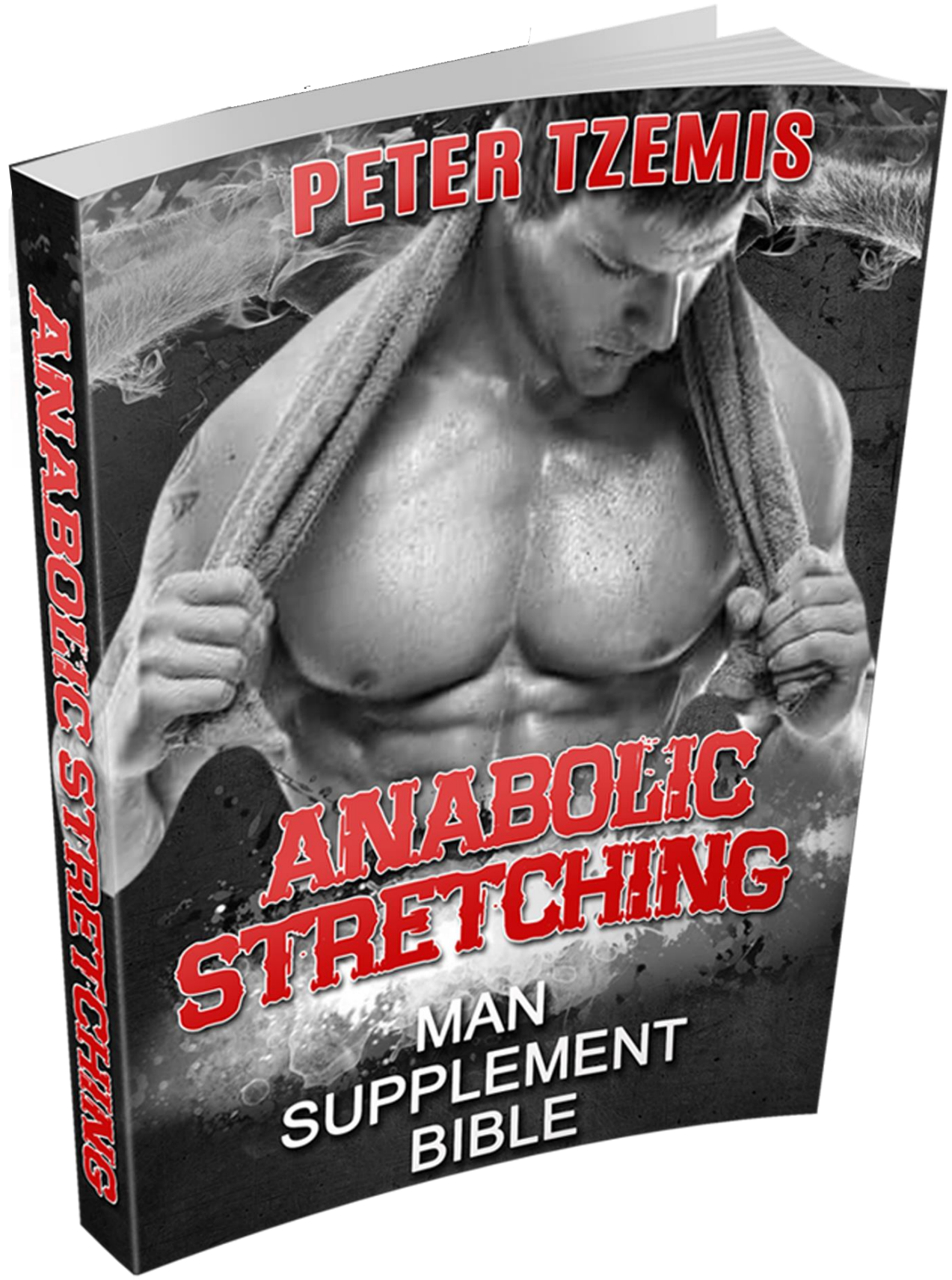


PETER TZEMIS

ANABOLIC STRETCHING

**ANABOLIC
STRETCHING**

**MAN
SUPPLEMENT
BIBLE**



ANABOLIC STRECHING MAN SUPPLEMENT BIBLE



MAN SUPPLEMENT BIBLE

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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.

ANABOLIC STRECHING MAN SUPPLEMENT BIBLE



Here is the truth about supplements:

Supplements are optional; you do not NEED them to succeed. That being said, I recommend a few reasons

1. These supplements will enhance the quality of your life
2. These supplements will speed up your results
3. These supplements will make your journey much more enjoyable
4. These supplement companies are the best in the business

Remember that no supplement alone will help you realize your dream body. Before the supplement craze, there were body builders and trainers that stood ripped, healthy and lean.

But science has allowed us to achieve that ripped, healthy look faster and easier. It has allowed us to eliminate the bad and only bring the good.

Most supplement companies have one thing in mind: PROFIT

They are a business, and their goal is to sell you products so that they can make money.

So you can still take supplements I don't recommend but I stand behind the ones I recommend because I know they have been tested, they work and that you will certainly not be wasting your money on *Ntiro Blast xd*.

So the first supplement I would like to recommend that really is a necessity in your daily routine is a Greens drink.

Something to alkalize your body, provide you with amazing nutrients and keep your body running at top speed.

The Point Of The Man Supplement Bible

The point of this manual is to give you every advantage to boost your anabolic hormones. The problem with most supplement manuals is that they are designed for both men and women.

Guys need different supplements than women. period. Our physiology is just different.

While there are a number of different supplements I have recommended in the past, I am going to narrow down the selection a bit for this program.

ANABOLIC STRECHING MAN SUPPLEMENT BIBLE



Over the course of the last couple of years I have narrowed down a number of my favorite vitamin and mineral formulas as well as the most potent testosterone boosting supplements.

Guys want simple solutions to the problem of what supplements to take.

If you don't know this already, testosterone to cortisol balance is one of the keys to maintaining a large amount of muscle mass and keeping body fat levels low. The two hormones work on an axis. Often time what increases one will lower the other.

So without further or do, lets get right into it!

ANABOLIC STRECHING MAN SUPPLEMENT BIBLE



ATHLETIC GREENS

Superfood cocktail Tim Ferris calls it his “

Nutritional insurance policy”.

Just a SINGLE serving provide you with the equivalent of 10- 12 servings of vegetables and fruit.

Since beginning to take AG, I almost never get sick, compared to the 2-3 times per year prior .

With this product there is no need to take any other multivitamins, antioxidants or immune support supplements. This supplement really does hit it out of the park.

If there is only one supplement you pick up, let it be this one. Your body, mind and vitality will thank you later for it.

PICK IT UP [HERE](#)



ANABOLIC STRECHING MAN SUPPLEMENT BIBLE



ATHLETIC GREENS Omega3 FISH OIL

Ultra concentrated EPA and DHA

No matter who you are or what your goal is you should be taking omega 3's for you body and your mind. Fish oil is on wolf the most legit supplements out there and it is a miracle

pill improving:

- Brain function
- Fat loss
- Hair appearance - Skin appearance
- Nail strength
- Insulin sensitivity

There really is no reason not to add this to your Fat Loss Cocktail. High quality Fish Oil is most likely the most important supplement you can take for your overall health and anti- aging.

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ANABOLIC STRECHING MAN SUPPLEMENT BIBLE



HIGH QUALITY PROTEIN POWDER - LEGION ATHLETICS WHEY+

Whey protein is a staple in most athletes' diets for a good reason: it's digested quickly, absorbed efficiently, and easy on the taste buds. It also has a particularly good amino profile, being high in the essential amino acid leucine, which plays a key role in initiating protein synthesis

Since there are many 100% isolates out there, you might be wondering what makes WHEY+ different, and worth trying?

1. Milk From *Hormone Free Cows*
2. Created using COLD MICRO- AND ULTRA- FILTRATION TO PREVENT PROTEIN "DENATURING"
3. ADDITIONAL LEUCINE IN EVERY SERVING
4. DELICIOUS TASTE WITH NO ARTIFICIAL SWEETENERS, FLAVORING, FOOD DYES, OR FILLERS.

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ANABOLIC STRECHING MAN SUPPLEMENT BIBLE



BEST PRE-WORKOUT FAT BURNER + MUSCLE SUPPORT

FORGE is a fat burner made specifically for use with fasted training. It helps you lose fat--and “stubborn” fat in particular--faster, preserve muscle, and maintain training intensity and mental sharpness.

If you’ve ever looked for advice on how to lose fat faster--and especially “stubborn” hip, belly, and thigh fat--you’ve probably read about exercising on an empty stomach.

According to many experts, training on an empty stomach is a simple but powerful way to increase the amount of fat your body burns while you work out.

Well, FORGE was created with three very specific goals in mind:

1. To maximize the amount of fat you lose while training on an empty stomach
2. To minimize the amount of muscle you lose while training in this state
3. To help you maintain intensity and focus in your workouts, which can wane when “training on empty”

The research is crystal clear: when combined with a proper diet and fasted exercise routine, FORGE will help you lose fat faster, preserve muscle, and enjoy your workouts.

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ANABOLIC STRECHING MAN SUPPLEMENT BIBLE



ALL NATURAL TOTAL TESTOSTERONE BOOSTER FOR MEN: TESTRO-X

TESTRO-X is the only supplement based on 52 peer-reviewed studies with 9 properly dosed natural ingredients that work with your body to increase and maintain your own testosterone production.†

In a nutshell, you can expect **TESTRO-X** to be a genuine and effective natural formula free from the fillers and garbage all too common in the supplement industry. Know that Testro-X may have the ability to provide you with any of these desired outcomes:

1. Increased Testosterone
2. Thriving Energy
3. Heightened Motivation
4. Higher Sex Drive

One of the largest misconceptions when it comes to hormonal health is that once it goes it's gone, and that the only way to improve it is with hormone replacement therapy or by utilizing steroids. Fortunately, decades of research on the subject have proven this assumption entirely false, as many men can completely turn around their health with a complete, natural solution.

TESTRO-X CORRECTS THE COMMON DEFICIENCIES PLAGUING MEN, WHILE ALSO PROVIDING THE MOST EFFECTIVE AND 100% NATURAL MINERALS AND ADAPTOGENS FOR LONG TERM TESTOSTERONE SUPPORTING LIFESTYLE FACTORS THAT MAY MAKE AGING A SMOOTHER PROCESS

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ANABOLIC STRECHING MAN SUPPLEMENT BIBLE



ALL NATURAL NOOTROPIC AND BRAIN BOOSTER FOR IMPROVED FOCUS AND STRESS RELIEF: CORTIGON

CORTIGON is our highly researched and potent nootropic solution formulated to facilitate lower cortisol levels, crystal clear focus, and provide users with a stress free and balanced energy unrivaled by caffeine saturated alternatives.

The reasoning for this holistic approach was that, like most people, we were tired of seeing **and using** overpriced single ingredient supplements, that while were effective, still made it a hassle to achieve the primary brain supporting benefits detailed below:

1. Natural Balancing of Hormones
2. Increased Mental Clarity
3. Increased Mental Focus
4. Natural Increases in Energy Levels Without Crashing
5. Increased Exercise Strength & Endurance
6. Decreased Stubborn Body Fat Tissue
7. Boosting Key Hormonal Health Markers
8. Overall Improved Brain Function

After doing thorough research on the exact ingredients and clinical dosages that would allow us to achieve all of these results, we began the manufacturing process for CORTIGON - with all ingredients sourced here in the USA in facilities regulated by GMP government regulations and made entirely from Non GMO ingredients.

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