



# **ANABOLIC CARDIO**

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Hamsters on a wheel.

That's what I think of when I see the average guy at the gym.

No wonder he's only getting average results.

Let me know if you've seen this- heck you may have even DONE this...

... head into the gym to spend 45 minutes blasting those biceps, pecs, and maybe sneak in a bit of abs. Then head right over to the treadmills for some cardio.

Now, I already have a metric TON, that's 2,000 pounds, of info showing you how to lift weights to get a better, stronger, leaner body in record time, but you know what amplifies the results of lifting weights?

Cardio.

Let me explain, you have three completely different energy systems in your body. To look, feel and perform your best you have to work all three. Now two of them you've already mastered, there's:

#1) Creatine-phosphate: creating **explosive** energy for a few seconds.

#2) Glycolysis: creating muscular endurance to do more than 5 pushups in a row.

#3 is where everything goes to hell because the goal here is to get better at using oxygen for energy. Truth be told, your body gets energy from this system most of the time.

***But how do you make it better to reveal 6-pack abs and quadruple your energy levels?***

You see 99% of guys out there have a "more is better" mentality when it comes to "getting your cardio" in after a strength training workout.

This notion needs to be eradicated from this earth!

Cardio, cardio and more cardio has become a commonality among athletes and trainees in the last decade and a half.

Seriously.

When you do cardio right it leads to...

- Greater endurance to hike, swim, and party for hours.
- Rock hard erections and earth-shattering sex.
- Greater fat loss whether you're on the couch or in the gym.

Screw this up and that trend reverses.

We're talking about ZERO energy because your testosterone has tanked...

Your hard-earned muscles start to shrink due to stress hormones and inflammation...

And your dick will only be good for pissing out of.

Did I even mention the rampant cravings from all that extra cardio?

Check out the research...

A recent study in *The American Journal of Physiology* found that steady-state cardio decreases the ability of muscles to absorb glucose after training killing your recovery!

It's like getting locked out of your house and having your day **ruined** as you wait for someone with a key to get back in. On a cellular level, your muscles are starving for nutrients to build them back stronger, thicker, and better but how can they do that if all the energy is locked outside?

Cardio further limits hypertrophy by shutting down the mTOR pathway, which is one of the primary regulators of muscle growth. When this happens, you'll burn the **same** amount of muscle as you do fat and end up looking skinny-fat.

### **Extra Cardio is a Bad Idea.**

At this point you may be asking yourself, "How the hell am I supposed to get my heart rate up while staying relatively lean and strong without killing myself, killing my muscle tissue, or just killing my body composition as a whole?"

The answer is cardio finishers.

Finishers: Cardio for the Strong

Finishers are what separate the average training session from a victorious battle against iron at the gym.

They're quick, movement specific, and the best damn way to reach a 6-pack without losing muscle or having your balls shrivel up.

If you're used hustling on a treadmill or stationary bicycle after strength training great! Let's stick with those but be smarter.

Just saying, the comfort of being on a trusty ole treadmill or stationary bike that you've cried, sweated, and bled on in the past helps you mentally accept the **real** conditioning that's about to happen.

### **WATCH OUT:**

For a jogger or biker, the first session of cardio finishers will change the way they see the treadmill or exercise bike forever. Honestly, these finishers are not for you if:

- You'd rather huff and puff all day as you walk, climb stairs, and go about life.
- You'd rather spend 6+ hours a week on cardio alone in addition to lifting weights.
- You're just not into the whole looking and feeling your best thing/

For everyone else let's dive right in!

## How to Program In Cardio Finishers

The good news is that these finishers are **fast**.

See, the "right" brand of cardio for anabolic fat loss is a balls-out cardio followed by timed rest periods.

Old-school Olympic athletes already knew this for years, using something similar called Fartlek style cardio.

Luckily, with today's research we know a lot more about how to program the volume, intensity, and duration of this cardio — and it's your perfect solution for anyone looking to drop fat without feeling like a hamster on a wheel.

Check this out, the Journal of Strength and Conditioning Research published recent work showing that HIIT can actually increase testosterone levels and GLUT4 concentration. This sets the ideal hormonal environment for lean muscle growth that burns fat 24/7- even when you're asleep.

Below I'll outline two ways to use this method, one for the bike and one for the treadmill. Here are a few ways to implement them into a 4-day a week routine:

- 1 Conditioning Specific Day: Bike Sprints
- 2 Lower Body Lift: Bike Sprints
- 3 Upper Body Lift: Bike Sprints or Treadmill Sprints
- 4 Total Body Training: Treadmill Sprints

Tack the finishers below onto the end of your workout and push it as hard as you possibly can.

Just remember, the harder you push, the more you'll get out of it. Unlike regular cardio, your gains will correlate positively with your intensity.

If you're still able to stand, you didn't push it hard enough!

## **Incline Treadmill Sprints**

Speed:

Beginner: 9.0-10.0 mph

Intermediate: 10.0-11.0 mph

Advanced: 11.0-12.5+ mph

Incline:

Beginner: 1.0-3.5%

Intermediate: 3.5-6.5%

Advanced: 6.5-8.0+%

Work: 10-25 seconds (variable dependent on speed/incline) at your top speed

Rest (walk):

Beginner: 45-60 seconds

Intermediate: 30-45 seconds

Advanced: 20-30 seconds

Rounds:

Beginner: 4-5

Intermediate: 6-7

Advanced: 8-10

Total Time: 4-10 minutes (dependent on above variables)

Bike Sprints

Resistance:

Beginner: 8-10

Intermediate: 10-15

Advanced: 15-20

Work: 10-30 seconds (variable dependent on resistance/speed)

Rest (slow pedal):

Beginner: 45-60 seconds

Intermediate: 30-45 seconds

Advanced: 20-30 seconds

Rounds:

Beginner: 6-8

Intermediate: 9-12

Advanced: 13-15

**Total Time: 4-12 minutes (dependent on above variables)**

Next time your friend is gearing up for 60-minutes on the treadmill feeling good about his new max lifts you'll be laughing...

... all that work is going down the tubes as he's creating the perfect hormonal environment for a dad bod instead of getting ripped.

Don't Leave a Bro Behind!

At the end of the day your body reacts to your exercise and tries to be better.

Long cardio sessions cause your body to lose weight by dropping muscle and fat because if you train to run for long period of times all that lean mass would just slow you down.

In addition to following those sample finishers above you can use a Fat Loss Amplifier to see even more significant results:

### **#1) Timing is everything.**

Comedy stole this rule from Arnold Schwarzenegger...

...Make sure to schedule your training so you complete your HIIT sessions up to an hour before you train with weights.

Studies have shown that when you time this properly, it can amplify something called mitochondrial biogenesis. This means you're burning more energy all the time and have a naturally higher metabolism.

Research in the Journal of Applied Physiology also showed that scheduling your training sessions this way also turns on the mTOR pathway of growth instead of shutting it off- say goodbye to being skinny-fat and hello to your 6-pack fellas.

### **#2) Have some focus.**

With HIIT, it's most effective to go with four weeks on, followed by four weeks off.

During your HIIT-less cycles, the idea is to focus strictly on hypertrophy to promote mitochondrial biogenesis and an increase in the nuclei effect. The idea is up your muscle size with more volume.

You might notice your muscles get smaller...

because this type of training will actually make muscle smaller. Let me explain!

To get more nuclei, or get bigger muscles, you have to begin by training to make a muscle smaller.

This sounds counterintuitive, but it works- biology is weird like that.

Next, it's time to grow.

When you're done with your strength-endurance cycle, you'll be left with an increased number of cellular nuclei, good job.

Then, once you've started a strict hypertrophy schedule, you'll be able to get bigger than you otherwise could have. It's possible to lose some mitochondrial density here—this makes muscle oxidative—but it takes much longer to actually lose the mitochondria.

Simply put, you're alternating between periods of increasing your potential to gain muscle (your "on" HIIT weeks), and periods where you actually fulfill that potential and get bigger and stronger (your "off" hypertrophy cycle).

### **#3) Nutritional support**

To get this right, there's a bit of supplementation you'll need to compliment your HIIT cycles. I recommend taking at least five grams before your HIIT workouts.

I've long been known as a huge advocate of adding leucine to any supplement plan, and in terms of HIIT, it's especially effective.

Here, Research in the American Journal of Clinical Nutrition showed that taking leucine-enriched amino acids before aerobic exercise can increase post-exertion protein synthesis by up to 33%—further proof of leucine efficacy.

Here's what you need to know:

1. HIIT can be performed any number of different ways- get creative and have fun!
2. To perform HIIT, go as close as you can to maximum power output for 30 seconds, followed by four minutes of rest, for 4-6 rotations.
3. For your four week "on" cycle, you'll be doing HIIT three times each week.
4. Focus on increasing your resistance or incline. This lower cadence will give you a greater surge of testosterone—probably because it simulates a form of resistance training.
5. Add in 5 grams of leucine before your HIIT workouts for faster results.

So screenshot or print out the finishers above or create one of your own and try it this week. I promise you'll love the surge of testosterone after you've cranked out a finisher.