



ANABOLIC PRIMING OVERDRIVE

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After teaching the system to thousands of guys, many of them wanted more. They were hungry to push beyond genetic potential without using steroids. They wanted to be the strongest most badass guy in the gym and in any room they walked into.

I have a feeling that since you are reading this, you share some of that raw animalistic power. That desire to become the best possible version of yourself and share it with the world.

This is why I created the overdrive component of anabolic priming. Inside you'll learn one of the my secretly guarded techniques to making any muscle explode with strength, power and size.

There's a reason I'm a body engineer and not simply a personal trainer. You're about to discover why.

To fitness fortune and freedom,

Peter Tzemis

There are two primary mechanisms to gaining muscle:

- 1 Mechanical tension
- 2 Metabolic stress

To many lifters, these mechanisms make good sense as it jibes with personal experience. However, to many others, the list is a bit abstract. Let's talk about these mechanisms in plain and simple language.

Mechanical Tension

Sometimes when you're lifting heavy weights, you might feel like a muscle is about to rip off a bone. This is mechanical tension. If you place tension on a muscle by stretching it passively (without letting it contract), the source of tension is called passive elastic tension.

If you place tension on a muscle by flexing it as hard as possible through an isometric contraction, the source of tension is known as **active tension**.

When you lift weights through a full range of motion, the muscles are placed under a combination of passive and active tension because they're being stretched while being activated.

Research shows that dynamic movements are superior to both stretching and isometrics for hypertrophic gains, so tension alone won't deliver maximum muscle growth. Tension through a full range of motion is what builds maximum muscle.

Furthermore, time under tension (TUT) is another important factor to consider. Performing one maximal contraction once every two weeks will not yield maximal hypertrophic gains – it's just not enough of a stimulus to optimize anabolic processes. The muscles need ample signaling to grow larger.

Metabolic Stress

Think about the feeling you get when you know you're really targeting a muscle – that burning sensation you elicit and the pump that you achieve. These are two mechanisms that fall under the umbrella of metabolic stress.

Metabolic stress is brought about by several factors, including:

- The occlusion of veins by persistent muscle contractions, which prevents blood from escaping.

- The hypoxia or lack of oxygen supply in the muscles due to the trapping of blood.
- The build-up of metabolic byproducts such as lactate and the increased hormonal surge.
- The cell swelling or "pump" of the muscles, also due to the pooling of blood.

These factors aid in building muscle and are synergistic with tension and progressive overload. These factors also help explain why occlusion (blood flow restriction) training is highly effective at inducing hypertrophy despite the lower levels of muscle tension, at least when compared to traditional resistance training.

THE MUSCLE FIBRE DEBATE

Muscle has 2 main types of fibres. Type 1 and Type 2.

Type 2 are the powerful muscle fibres, the ones we want to develop. One of the popular theories about muscle growth has to do with tapping into and utilizing stubborn Type II muscle fibers.

An important concept to know is what we science geeks call the Size Principle. Your body recruits motor units on a continuum, from small to large. If the task requires little force, it'll recruit the smaller units and not use the bigger ones. But when it needs the biggest motor units, it still uses the smaller ones. With very few exceptions, your body will always recruit motor units in the same order, from small to medium to large!

Building off this theory, you generally need to exhaust Type 1 fibers before you can access the Type II fibers. However, those Type II fibers often resist your attempt to get at them, again because your body prefers to do the least amount of work possible.

But what if we could somehow unlock these stubborn type II fibres from the very first set?

A group of Brazilian scientists did just that.

Researchers recruited 27 men and split them into three groups:

- 1 A control group that did nothing.
- 2 A group that trained upper legs for 8 weeks by doing 3 sets with 75% of their 1RM, taking one minute of rest between sets.

3 A third group that did the same as the second group, only they started the workout by doing 1 set of 20% RM to exhaustion and waiting 30 seconds before starting their traditional sets.

Quite simply, the men who first did the mini-set to exhaustion showed greater gains in strength and muscle size than the group that trained their legs in the traditional way.

The researchers explained that reaching failure of Type 1 muscle fibers would promote a greater recruitment of Type II fibers during traditional sets. They concluded the following:

"...the inclusion of a single set of exhaustive exercise at 20% of 1RM before traditional hypertrophic training can be a suitable strategy for inducing additional beneficial effects on quadriceps strength, hypertrophy, and endurance in young men."

Another benefit is that it protects the muscles via Joint lubrication and localized blood tissue flow.

Synovial fluid reduces friction in the joint space, thus making movements smoother and more efficient. As you move the joints and tissues in your body, they become lubricated in synovial fluid. The more efficiently your joints are lubricated, the less the risk of joint or cartilage injuries secondary to training.

Furthermore, the more active a specific muscle or soft tissue, the more you'll siphon blood to these tissues to maintain metabolic balance. This excess blood will be used to deliver anabolic hormones, clear out lactate and shuttle much-needed nutrients for growth and repair. This is the main reason why programming specific movement-based warm-ups like anabolic priming, works so well for physical preparation.

Anabolic priming OD fatigues the fibres unlocking the stubborn type 2 fibres and primes them for massive growth. You can be assured that your set following anabolic priming will utilize all your type 2 fibres - guaranteeing massive size and strength increases.

However that's only part 1.

OXYGEN DEPRIVATION TRAINING

It has been long known that olympic athletes train in high altitudes as a form of legal blood doping. The good news is that you don't have to do bicep curls on top of mount Everest to reap the same rewards.

You might have heard of "kaatsu" or tourniquet training. It's a training method that relies on lifting light weights (20-30% of your maximum for 15-30 reps) while wearing a special cuff that's tightened up around the proximal end of a limb to restrict blood flow to the muscle. Pretty scary stuff.

Studies have shown that despite the light weights being used, the muscle growth response is as big as lifting heavy weights (80% and more) without ruining your joints or nervous system.

This is because blood flow (and oxygen) is limited to the working muscle leading to an accumulation of lactate which increases the production of both hGH (growth hormone) and IGF-1.

It has been shown to increase anabolic growth hormone 290x after just 1 set using 50% less weight. Cool stuff, I know.

The lack of oxygen (hypoxic state) and increase in acidity has also been shown to increase the recruitment of fast-twitch muscle fibers. In fact, oxygen restriction to the muscle increases fast-twitch recruitment, firing rate, and spike amplitude.

Finally, exercise with restricted oxygen/blood entry in the trained muscle also leads to the production of Reactive Oxygen Species (ROS), which increase muscle satellite cell activation and proliferation (two key phenomenon involved in the muscle growth process).

The good news is that you don't have to tie off your arm and do bicep curls (or workout at the top of mount Everest) to create this oxygen/blood flow restriction to the muscle.

The easiest way?

Hold your breath during sets.

The idea is to breath in through your nose perform one extended set, usually 8-12 reps, and then slowly exhale through the mouth slowly.

You can wait until the end of the set to exhale or slowly exhale as you get toward completion depending on your fitness levels and levels of familiarity with the technique.

Alternatively you can hold your breath as long as possible before the beginning of a set and begin as soon as you start. You will need to experiment with both techniques to see what you are able to do most effectively.

PUTTING IT TOGETHER

So the plan here is to combine oxygen deprivation training with pre exhaustion isolation sets. What this will do is

1. Overload your muscles with anabolic hormones
2. Activate muscles you want worked, without exhausting them.
3. Help build a strong mind connection with your muscles.

To perform these APOD sets, simply

1. Go through normal anabolic priming routine
2. Follow the perfect warm up formula
3. Between your last warm up set and first working set, add a Priming overdrive routine scheme (you can choose to do all 3 sets, or 1 of the 3)
4. You may choose to hold your breath during the set. While not necessary, it can offer an added mental challenge as well as a anabolic hormone boost. I recommend only one set to be done like this (usually the 3rd).
5. Rest 1-2 min then start your normal workout

You can also add these in during the middle of your workout if you want to really push muscle group hard.

AP OVERDRIVE EXAMPLE SETS

Traps

Exercise Options:

Traps Anabolic Primer: Shrugs

Set #	Reps	%1 RM	Rest
Anabolic Primer Set 1	12-15		50% 30s Minute
Anabolic Primer Set 2	8-12		65% 30s Minute
Anabolic Primer Set 3	To Failure		20% 1- 2 Minutes
1st Workout Set			

Triceps

Exercise Options: Kickbacks, Pushdowns, Lying Tricep Extensions

Triceps Anabolic Primer:

Set #	Reps	%1 RM	Rest
Anabolic Primer Set 1	12-15		50% 1 Minute
Anabolic Primer Set 2	8-12		65% 1 Minute
Anabolic Primer Set 3	To Failure		20% 1- 2 Minutes
1st Workout Set			

Back Primer

Exercise Options: Alternating Dumbbell rows, Straight arm pull downs, pullovers

Back Anabolic Primer:

Set #	Reps	%1 RM	Rest
Anabolic Primer Set 1	12-15		50% 1 Minute
Anabolic Primer Set 2	8-12		65% 1 Minute
Anabolic Primer Set 3	To Failure		20% 1- 2 Minutes
1st Workout Set			

Shoulders

Exercise Options: Band pull aparts, Side Lateral Raises, Front Lateral Raises, Rear Laterals

Shoulders Anabolic Primer:

Set #	Reps	%1 RM	Rest
Anabolic Primer Set 1	12-15		50% 1 Minute
Anabolic Primer Set 2	8-12		65% 1 Minute
Anabolic Primer Set 3	To Failure		20% 1- 2 Minutes
1st Workout Set			

Quads

Exercise Options:

Quads Anabolic Primer: 1/4 Squats, leg extensions

Set #	Reps	%1 RM	Rest
Anabolic Primer Set 1	12-15		50% 1 Minute
Anabolic Primer Set 2	8-12		65% 1 Minute
Anabolic Primer Set 3	To Failure		20% 1- 2 Minutes
1st Workout Set			

Hamstrings

Exercise Options: Glute hamstring raises, leg curls

Hamstring Anabolic Primer:

Set #	Reps	%1 RM	Rest
Anabolic Primer Set 1	12-15		50% 1 Minute
Anabolic Primer Set 2	8-12		65% 1 Minute
Anabolic Primer Set 3	To Failure		20% 1- 2 Minutes
1st Workout Set			

Forearms

Exercise Options: Wrist Curls, Reverse Wrist Curls

Forearm Anabolic Primer:

Set #	Reps	%1 RM	Rest
Anabolic Primer Set 1	12-15		50% 1 Minute
Anabolic Primer Set 2	8-12		65% 1 Minute
Anabolic Primer Set 3	To Failure		20% 1- 2 Minutes
1st Workout Set			

Calves

Exercise Options: Seated Calf Raise, One-legged calf raise

Forearm Anabolic Primer:

Set #	Reps	%1 RM	Rest
Anabolic Primer Set 1	12-15		50% 1 Minute
Anabolic Primer Set 2	8-12		65% 1 Minute
Anabolic Primer Set 3	To Failure		20% 1- 2 Minutes
1st Workout Set			

Biceps

Exercise Options: Concentration Curls, Dumbbell Curls, Barbell Curls, Preacher Curls, Incline Curls

Biceps Anabolic Primer:

Set #	Reps	%1 RM	Rest
Anabolic Primer Set 1	12-15		50% 1 Minute
Anabolic Primer Set 2	8-12		65% 1 Minute
Anabolic Primer Set 3	To Failure		20% 1- 2 Minutes
1st Workout Set			

Chest

Exercise Options: Dumbbell flyes, Dumbbell incline flyes, Cable cross over

Chest Anabolic Primer:

Set #	Reps	%1 RM	Rest
Anabolic Primer Set 1	12-15		50% 1 Minute
Anabolic Primer Set 2	8-12		65% 1 Minute
Anabolic Primer Set 3	To Failure		20% 1- 2 Minutes
1st Workout Set			