

ANABOLIC PRIMING

# ANABOLIC PRIMING

## MAIN MANUAL

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# ANABOLIC PRIMING

## MAIN MANUAL



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## Chapter 1 - Fuck Yes

*“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” – John F. Kennedy*

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.

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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.

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

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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

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.

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It's a strange phenomenon, but when you find a way to break free and see your body evolve every single week and master your 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

*“First you feel like dying, then you feel reborn.”*

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:



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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.

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 priming 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 priming, then that means that in your mind you haven't truly made the decision.

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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.

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?

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### 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.

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 priming. 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. Priming exercises and weight used**

What priming exercises 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.

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## Chapter 3 - The Problem With Traditional Warm-Ups

*"The enemy of a great life is a good life."*

Where do you stand on warming-up?

There's a spectrum. On one end, there are the people who spend 30 minutes stretching and riding a bike preparing to lift weights and waste most of their time to train.

On the other end, there are the people who perform no warm up at all. They show up after 8 hours of sitting at a desk and start benching right way. A recent study showed that 70% of men (with perfectly healthy hearts) who did intense exercise without any warmup, displayed ECG readings during their workout that showed lower-than-normal blood supply to their hearts. (Yikes!)

Let's set the record straight. Traditional warm ups suck.

Especially for men looking to maximize their workouts.

The standard protocol for warm-ups, that most men follow, ironically decreases your muscular power and energy; thus decreasing your performance during a workout. This results you being more injury prone as well as not extracting maximum muscle gains from your workouts.

### 5 Warm Up mistakes you need to stop making...

#### 1. Stretching Before Your Workout

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.

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

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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 something we want when hoisting hundreds of pounds of metal.

### **2. Warming Up Like A Scrawny Jogger For Weight Training**

The way you choose to warm up for an exercise can be the difference between packing on muscle or fizzling out.

Most people do the same handful of stretches they learned in high school gym class and then a few minutes of light cardio on the bike to warm up.

Doing a little light jogging isn't going to cut it if you want to get fully prepared for an intense chest and back weightlifting session! Nor is it going to maximize the anabolic response to get more out of every single rep.

When done correctly, anabolic priming will keep your body healthy, enhance your neural output, and allow you to reach levels of muscularity and strength you never thought possible in 1/3 of the time.

### **3. Not Priming The Mind - Muscle Connection**

To maximize muscle development, Arnold talked about developing a strong "mind-muscle connection" where he'd visualize the muscle being trained and feel it working through a complete range of motion during each rep.

While it may sound hokey, research shows that the mind-muscle connection can significantly improve muscle recruitment.

Failing to get your mind ready is asking for a shitty workout. A shitty workout leads to shitty muscle growth and wasted effort. Don't be that guy. Anabolic Priming psychology teaches you to focus on the important of flexing your mind as much as you flex your muscles.

### **4. Skipping The Warm-Up Altogether**

You show up at the gym ready to bend bars and set PR's, so the thought of going through a 20-minute warm-up is a giant buzzkill. Typical warm-ups can get redundant, not to mention suck fail to properly prepare you for the upcoming battle.

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You know that you probably "should" warm-up, just like you should eat your asparagus and broccoli with every meal. You'll save time, sure, but at the expense of not getting the results you want and being more injury prone.

What I am saying is this, typical warm ups are better than no warm ups at all. But, anabolic priming crushes typical warm-ups in every other department.

### **5. Failing To Prime The Anabolic Environment**

The most important aspect of muscle growth is this: your internal environment. Ask any pro. They would probably tell you that if they could provide the perfect environment in which their bodies could grow, their muscle building troubles would disappear.

Indeed, creating the appropriate environment (an anabolic environment) is the key to great gains. Men have a unique muscle building environment advantage: Testosterone.

However, it's useless if it's kept locked away, unable to do its job when the time is right.

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### Chapter 4 - The Big Picture

*“Strength does not come from physical capacity. It comes from an indomitable will.” – Mahatma Gandhi*

Before heavy lifting, the average person hops on the elliptical for 10-15 minutes, then does several light sets of their strength exercise before piling on the heavy plates. They call that a "warm up." And maybe that's why they're average.

Anabolic priming is far from average.

I called my new system “anabolic priming” because there’s a lot more to it than just warming up in the traditional sense.

So, what exactly is “anabolic priming”?

Anabolic Priming is a cutting-edge and scientifically-proven system that unleashes floods of anabolic hormones in your body, creating the perfect environment for more muscle, better recovery and more strength. It also prepares and activates your muscles, joints, nervous system, and even your psychology and mind, for any type of workout you are about to do.

It’s the ultimate secret weapon to maximize your muscle and squeeze everything out of each and every workout.

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## Chapter 5 - The Science Behind Anabolic Priming

*“The chains of habit are too lightly to be felt until they are too heavy to be broken”*

Even though I try to simplify it as much as possible, there is still a lot of geek-speak and nerding out going on in this chapter (certain ideas can only be simplified so far). If it's too much for you, feel free to jump ahead to chapter 6.

Like we mentioned before, the biggest mistake in the muscle building world is this: Failing to create the optimal anabolic environment.

From here, the obvious question is: just how is an anabolic environment created? With "anabolic" pertaining to the stimulation of muscle growth, it follows that one should focus on, and prioritize, all facets of muscle growth facilitation, to achieve an anabolic environment.

Nothing says anabolic like testosterone and growth hormone. The king of anabolic, testosterone plays a vital role in mental health, muscle mass and male virility.

Testosterone is a hormone that has a unique effect on the male body. It is produced in the testes and in the adrenal glands and helps to build protein and governs normal sexual behavior.

It also affects many metabolic activities such as the production of blood cells in the bone marrow, bone formation, lipid metabolism, carbohydrate metabolism, liver function and prostate gland growth.

It is held that a high testosterone level will significantly enhance muscle growth and is therefore of importance to bodybuilders.

Unfortunately, it's plummeted over the past 20-30 years. Yes, just because you were born after your dad means you have less testosterone pumping swagger flowing through your veins by default.

Anabolic priming was designed to combat this and create the perfect anabolic environment to support maximum muscle growth and recovery.

How? Very specific leg training formulas at the beginning of your workout.



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The hormone "spike" induced from the exercising of the large muscles of the legs early in the routine creates a greatly boosted anabolic environment for exercising the smaller, less powerful muscles of the upper body like the chest and arms.

Increases in testosterone will also boost strength levels via increased motor nerve activity which will in turn, allow for more exercise-induced muscle damage and muscle growth (ideal for "hard arm size gainers").

Now this isn't just theory, there is real science behind it.

Researchers at Lillehammer University College recruited men and had them follow a bodybuilding style program for 11 weeks.

Two days a week, they trained only their left biceps.

On two additional days per week, they trained their legs via anabolic priming protocols followed by a training session for the right biceps.

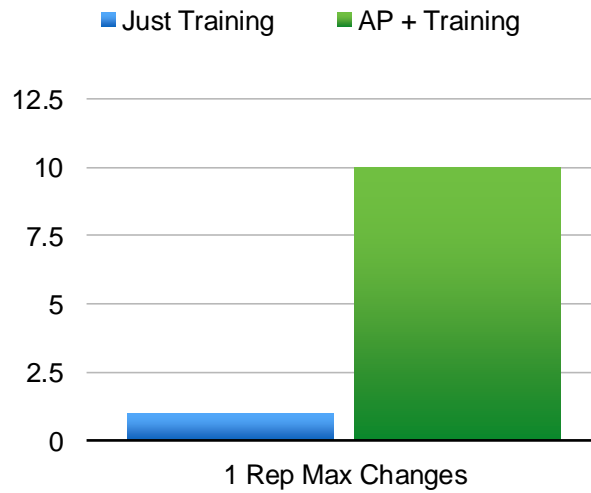
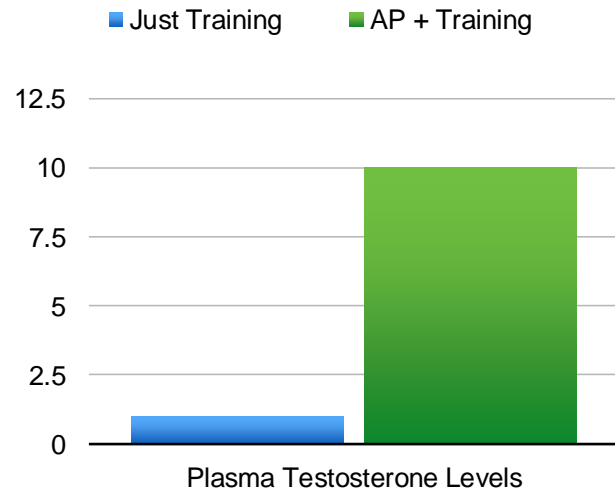
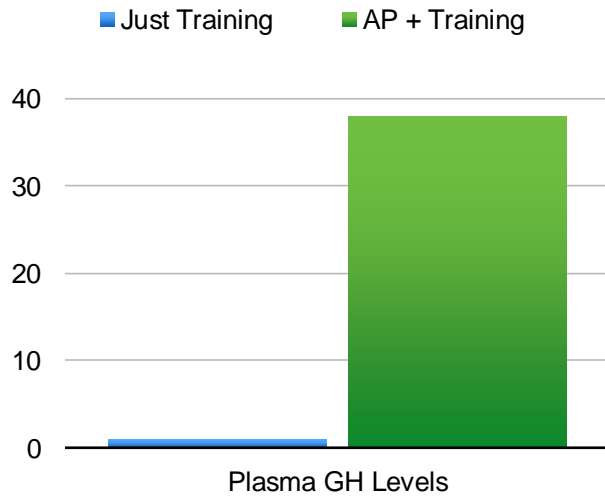
After 11 weeks, the right biceps, which had been trained during the same session as legs, was significantly bigger and stronger than the left biceps. 1 rep max for the legs and bicep training increased about 10%.

Plasma testosterone was up 10% and GH concentration was nearly 40x more. The researchers concluded that the excess testosterone and GH due to anabolic priming techniques were responsible for the additional growth and strength in the right arm.

Anabolic priming represents the synovial love child of unlocking strength, bulletproofing joints and anabolic hormone overload designed to ensure the body is fully prepared for the battle ahead.

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## Chapter 6 - Beginner Anabolic Priming

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

This section is going to be short and to the point. It's going to be an overview of how to perform a beginner anabolic priming set. I would spend about a minimum of 2-4 weeks in this section before moving on to the advanced anabolic priming routine.

So to anabolically prime your body, try performing the following:

1. Begin your weightlifting session with 3-4 sets of deadlifts or squats at 85 - 95% of your 1 RM (if you don't know your 1 RM, aim for 2 - 6 repetitions). Start with 1-2 warm up sets, working your way up.
2. Rest no longer than 60 seconds between sets
3. Perform your traditional combined upper body/lower body routine or split routine as normal

Exercise	Sets	Reps	Rest	Notes
Standard Deadlift / Squat*	5-6	2-6	60s between sets	Start light and work your way up. Do not start off with 95% of your 1RM as this will eventually lead to injury.

\* Exercises can be substituted with Split squats, goblet squats and RDL.

### How to perform standard anabolic priming

Simply add this in 2-3x a week before your normal workout routine (unless you are doing a strict leg workout). I suggest doing it Monday and Thursday or Monday, Wednesday, Friday.

Alternate between squats and deadlifts so that you don't start to overbuild one type. If you want to do it 4x a week, I suggest going 2 days on, 1 day off.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Anabolic Priming (deadlift version) + Normal Workout	Anabolic Priming (squat version) + Normal Workout	OFF	Anabolic Priming (deadlift version) + Normal Workout	Anabolic Priming (squat version) + Normal Workout	OFF	OFF



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## Chapter 7 - Advanced Anabolic Priming

*“Fuck mediocrity before mediocrity fucks you” - Jason Capital*

Advanced Anabolic priming is focused on one thing - fine tuning testosterone and growth hormone output.

Overwhelming scientific evidence from the last 50 years concludes that, large compound exercises like deadlifts and squats produce more testosterone than smaller, less challenging moves.

Growth hormone, however, seems to be elicited by training techniques that induce lactic acid.

This generally means training techniques that are higher intensity: Short rest periods combined with a high volume of work. However it's been shown that by lifting in a slower method where you employ 3-second eccentrics (lowering of the weight) could result in significant muscle gain due to an increase in growth hormone by 1700%.

While the testosterone-eliciting exercises or protocols should be done early in the workout, the GH flooding techniques should be done later, or last, in the training session.

Doing both types of training provides the adequate anabolic environment for to maximize muscle growth.

To take advantage of the findings of the researchers and other studies on testosterone and GH, advanced anabolic priming does the following:

Employs high volume protocols with short rest later on, or last, in the workout to induce a higher production of GH.

Employs large muscle, multi-joint exercises done with heavy weight for low reps (3 to 8) early in the workout to elicit further production of testosterone.

Splits leg training into quadriceps dominant and hip dominant days.

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### Quad Dominant Anabolic Prime

Exercise	Sets	Reps	Rest	Notes
Squat*	4	6	60s	
leg press**	6	8-10	30s	3 second lowering phase

\* Can be substituted with hack squat, bulgarian squat, leg press

\*\* Can be substituted with leg extension, Smith Machine Squat

### Hip Dominant Anabolic Prime

Exercise	Sets	Reps	Rest	Notes
Deadlift*	4	6	60s	
lying leg curl**	6	8-10	30s	3 second lowering phase

\* Can be substituted with: Stiff-Leg Deadlift, Hip Thrust, Hang Snatch, Power Clean, Glute/Ham Raise

\*\* Can be substituted with Kettlebell Swings, Romanian Deadlift

### How to perform advanced anabolic priming

I recommend starting off with adding this in 2x per week, 2 days apart. For example, you would perform the quad dominant prime on Monday and the hip dominant prime on Thursday.

Eventually you can work your way up to 4x per week. Ideally this would be 2 days on, 1 day off.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Quad Dominant Advanced Anabolic Prime	Hip Dominant Advanced Anabolic Prime	OFF	Quad Dominant Advanced Anabolic Prime	Hip Dominant Advanced Anabolic Prime	OFF	OFF

Perform the advanced anabolic prime in order, then start your normal workout routine. If you don't have a normal workout routine, you can check out my [badass body blueprint](#), which complements anabolic priming perfectly.

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## Chapter 8 - The last piece of the puzzle

*“If a man achieves victory over this body, who in the world can exercise power over him? He who rules himself rules over the whole world.” – Vinoba Bhave*

Warming up. It's important. Don't roll your eyes, please. Listen, we're all guilty of skipping the warm up. Don't bother lying to me; I know you've done it. It's natural. You're in a rush, or just too excited and want to get to the training session. I get it.

To illustrate just how important warming up is, let me use an analogy we are all familiar with: SEX

If working out is sex, then warming up is our foreplay. You can skip it once in a while and still have a decent session. However, if we skip foreplay all the time, your love life is more than likely going to take a hit.

Warming up for the gym is the same. While it may seem like a good idea but your relationship with your body will take a hit; and for what 5-10 minutes of "saved time"?

I think we've exhausted the metaphor, but the point is this: Getting the equipment ready for use (in the bedroom and the gym) just leads to a better user experience. You will be safer, more productive and enjoy the session better.

Four reasons warming up is imperative

### **Reason 1: The Physiological Aspect**

Raising your core temperature is awesome, but a good warm-up isn't just intended to get you dripping sweat. Rather it's designed to prepare you for your workout - hence why your warm-up should look similar to your upcoming training session (more on that below).

### **Reason 2: The Hormonal Aspect**

A proper warm-up begins to release floods of anabolic hormones including IGF-1, Growth Hormone, Testosterone. Anabolic Priming takes care of this already but all these hormones will help with recovery, muscle building and keeping you mentally sharp during your workout. Speaking of...



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### Reason 3: The Mental Aspect

A good warm up will help “set the mood” in the body; it mentally and physically prepares you by increasing adrenaline—and when adrenaline is pumping, you’re going to have a MUCH better workout.

### Reason 4: The Joint Health Aspect

Yes, I worry about your joints, not just your bicep vein development. The warm-up is all about getting your body ready for the onslaught to come. In large part, that means your joints and connective tissue. A proper warm-up will loosen and lubricated anything that needs it. Furthermore, it will force blood to all the area being trained - providing protection from injury. Bottom line: Stop skipping the workout.

### The Testosterone Warm Up Formula

Performing anabolic priming takes care of increasing blood flow and ensuring you can ride the wave of massive anabolic hormone surges. However it doesn't always prepare specific muscle groups in the right way.

This why I created this perfect warm up formula.

Now, as aforementioned, your warm-up should be in line with your training. Groundbreaking, I know.

Jogging on the treadmill for fifteen minutes isn’t going to help your bench press. Bench pressing will. The same goes for any other exercise, of course.

You warm up for a for a military press by pressing, for a deadlift by deadlifting, and squat by squatting. This will help you refine your movement patterns, reduce the risk of injury, and get more out of your working sets.

Regarding how to do it, exactly, here’s a simple and effective method of warming up for a given exercise:

Warm up set #	Reps	Weight	Rest
1	12	50% of working weight	1 minute
2	6	70% of working weight	90 seconds
3	1	90% of working weight	2-3 minutes

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In case the table was confusing...

1. Do 12 reps with about 50% of your working (heavy) weight, and rest for a minute.
2. Do 6 reps with about 70% of your working weight, and rest for a minute.
3. Do one rep with about 90% of your working weight, and rest for two minutes.

And that's it. You're now ready to do your working sets.

Oh and I should also mention that you don't necessarily need to warm up for every exercise that you do in your workouts.

The idea is to warm up the muscle group before training it, so if you're moving from one chest exercise to another, for example, you only need to warm up on the first.

### **How to integrate with Anabolic Priming**

Simple. First perform your anabolic prime (or advanced anabolic prime) then follow it up with this warm up for your normal workout routine. The standard anabolic prime takes about 7-10 minutes and this warm up should take no more than 5 bringing you to a total of about 12-15 minutes.

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## Chapter 9 - Common Mistakes / FAQ

*The secret of getting ahead is getting started. -Mark Twain*

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 priming program.

### **Tip #1: Prime BEFORE you workout.**

Priming, after a weight training session is too later Anabolic priming before your first exercise unlocks all your potential so its not wasted. Another benefit is that increases localized tissue blood flow. Better blood flow allows for quicker lactate removal, more anabolic hormone secretion, and increased nutrient delivery.

### **Tip #2: Don't Rush**

While these sets are long, they are important. Focus on executing them perfectly instead of rushing through them.

### **Tip #3: Don't use anabolic priming immediately before attempting a PR or hitting the weight super heavy.**

Anabolic priming has it's place and its not right before hitting a PR. If you are going for a PR or super heavy sets (2-3 reps max) then take a longer break or follow AP 2 sets before the PR. For example you would perform an AP set rest 30s, one more heavy set (close to your working set), rest 2 minutes, then your heaviest set.

### **Tip #4 Start at the beginner stages of priming exercises**

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.

### **Tip #5 Commit to the long term**

It's easy to believe that muscle will just pile on now that you are using anabolic priming. And while it gives you a significant advantage, it certainly won't turn you into Captain America overnight. Long term results require long term commitment and discipline. Stick with this program for at least 6 months, and you'll see mind blowing results.

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## Chapter 10 - Conclusion + Next Steps

*"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." -Michael Jordan*

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 Priming, 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 form 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.

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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.

One of my favourite quotes is this:

***“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 elite action daily.

Start with the beginner program and work your way up to the advanced program.

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 AP? Well there are a few options:

1. First they start with the [Anabolic Priming Overdrive 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 AP program.
3. They use the [Anabolic Sleep Solution](#) to supercharge their life
4. The dial in their post workout recovery and muscle development with [Anabolic Stretching](#)

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 the [Anabolic Academy](#).

This is a 12 month complete transformation program designed to provide cutting edge training, developmental materials and one-of-a-kind opportunities, to an exclusive global brotherhood of likeminded badasses focused on one thing: Becoming the best version of themselves in fitness and in life.

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

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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:

[Join The Anabolic Academy.](#)

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

I'm going back to the gym to "carve the diamond"...

To Fitness, Fortune And Freedom,

*Peter Tzemis,*

[petertzemis.com](http://petertzemis.com)



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*“Two roads diverged in a wood and I, I took the one less travelled. And that has made all the difference” - Robert Frost*



**PETER****TZEMIS**  
FITNESS

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