



ANABOLIC PRIMING

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ANABOLIC PSYCHOLOGY

PETER TZEMIS

ΠΕΤΕΡ ΤΣΕΜΙΣ

ΑΝΑΒΟΛΙΚ ΨΥΧΟΛΟΓΙΑ

PRIMING

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***Arnold was on to something when he claimed that resistance training was more than just lifting a weight from point A to point B.***

Ever feel your biceps or shoulders during a chin up? This is a classic case of poor mind-muscle connection and poor muscle fibre recruitment in target muscles. While it may sound like pseudoscience, research shows that the mind-muscle connection can significantly improve muscle recruitment and as a result muscle building.

You psychological prowess will determine how much horsepower you can get out of the body you already built.

It strikes me as weird that so little time is devoted to the psychology of lifting, when it may be the biggest weapon in your arsenal once you've past the beginner stage of muscle building. Even in that stage, your mind plays an irreplaceable role in build a badass body. Psychological skills demand more attention.

This is why I created anabolic psychology.

So without further or do, here are the top 7 mind hacks my private clients and I all use to maximize our anabolic psychology when we really need it most.

### **1. Be the weakest guy in the room**

This is one trick I learned from my business mastermind meetings. In that setting, the point was to always be the dumbest person in the room.

Why?

Because you can learn from everyone else. If you are the smartest, you have nothing to learn, and you will also think you have nothing to learn.

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Now, there is a time and a place for being a mentor. But you should also never stop being a mentee.

When I first started training, I was always the weakest guy at the gym. But eventually, I turned in to the strongest and leanest guy for a while. You know what happened?

I plateaued. I even started to slide.

I had no more challenge. No one to bring me up. No one to learn from.

I then switched to another gym. The first day, I saw a guy incline bench 405 lbs. You could be certain that my definition of strong was recalibrated after that moment. By the end of the month, all my lifts increased by about 15%.

So the psychological hack?

Consistently surround yourself and get that environmental exposure with people who are better than you - in fitness, in health, and in relationships. Those people have the effect of bringing you up to their level.

The gym is like a laboratory for life. In any type of endeavor, including professional and recreational pursuits, it's always best to be the weakest guy in the room.

## 2. Have The Best "Bad" Days Possible

When I was trying to get into golf two years ago, I learned some amazing lessons that changed my life. One of those lessons was that you are only as good as your worst shot.

My point is this; everyone can have a great day. However, how many of us can the absolute complete best of our bad days? The most successful people in life and in

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fitness are those who have had the best bad days. It doesn't matter how great you can occasionally be. All that matters is how good you are, day in and day out.

Consistency always wins.

### 3. Start hitting singles instead of going for the home run

This past weekend, I attended a business seminar run by my mentor Vince Del Monte. He impressed upon us the importance of hitting singles instead of always going for the home run. What he meant was this: instead of trying to find the million dollar idea, go after and execute the \$10,000 ideas.

In the gym that means, don't be ego lifting. If you are a little tired, respect it, and train appropriately so you don't burn yourself out, or worse, get injured. Focus on adding 1 one pound to your lifts instead of going for 20lb jumps. You will be much more successful in the long run.

### 4. Demand Structure

I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half the things you do you might just as well turn over to me, and I will be able to do them quickly, correctly. I am easily managed - you must merely be firm with me.

Show me exactly how you want something done, and after a few lessons I will do it automatically. I am the servant of all great people; and alas, of all failures as well. Those who are failures, I have made failures. I am not a machine, though I work with all the precision of a machine plus the intelligence of a human being.

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You may run me for a profit or turn me for ruin - it makes no difference to me. Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you.

Who am I? I am habit.

Habit/routines, whatever you want to call them, run a man. And a good routine will allow you to thrive beyond your wildest dreams. Ever seen Michael Phelps swim? Well if you pay attention, he runs the same, gold medal routine, before every single swim. And as a result, he is the most decorated Olympian of all time.

That's not to say your life has to be boring to be successful. Rather its merely important to have a certain amount of structure to ensure success is automatic.

My challenge to you?

Create a pre gym routine you perform before every session that gets you in the zone.

### 5. Maximize Music

Music, without question, is a positive stimulant to the training environment. Whatever the mechanism, I've seen it happen too many times to deny the benefits.

I can tell you with 100% accuracy that if you put on loud music that you enjoy, you're going to work harder and have more strength, energy and power. Period.

Make sure you are cranking that music when you hit the gym.

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### 6. Think about what your SUPPOSED to feel

Ever work a muscle group and not be able to feel the actual muscle working? That's because of a poor mind-muscle connection.

Most average coaches would tell to think about feeling the muscle. And maybe that's why they are average.

Rather than thinking about where you feel a muscular stimulus, think about where you're supposed to feel the stimulus.

So if you are performing a bench press and you feel it in your triceps, focus on where you are supposed to feel it - in the chest. Keeping your mental focus channeled in this manner will direct the majority of stress to the target muscles of your chest, which in turn will maximize stimulation.

Multiple studies have emerged for other muscle groups such as the abs and glutes, all showing the same thing – concentrated effort increases neural activation to the intended musculature. With practice and patience, you'll develop a connection with all the muscles in your body. Speaking of patience...

### 7. Cultivate Patience

According to legends, ancient martial arts masters used to require new students to spend their first year cleaning the floor and performing other menial tasks.

Why? Because the master cannot afford to waste his time on those who hold amateur mindsets.

Most of us here are interested in getting bigger, leaner, and stronger.

If you remember how quickly your first 20lbs of muscle piled on you'll be sorry to hear that its an exponential drop off after that.

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But like anything in life, the hard part is what separates the winners from the losers. The action takers from the fly on the wall. As more and more time passes, it will get even harder to gain strength.

You're in it for the long game, remember that.

One last note: Your software runs your hardware. Get to the gym, but make sure that you have your mind right to squeeze out every ounce of potential in every workout.

