



ANABOLIC PRIMING

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FAST START GUIDE

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ANABOLIC PRIMING

FAST START GUIDE



ANABOLIC PRIMING FAST START GUIDE

Some of us don't have time for all the science. I get it. That's what this manual is for. It cuts through all the geek speak, and gets right into the action. I still recommend you read the main manual a few times through to really absorb it. That being said, the biggest thing is to start taking action immediately. This manual will help with that.

To fitness, fortune and freedom,

Peter

ANABOLIC PRIMING

FAST START GUIDE



Where do you stand on warming-up?

There's a spectrum. On one end, there's no warm-up at all. People walk into the gym after eight hours slumped over a desk, then head right into the squat rack. On the other end, there are those who spend an hour on low effort movements that waste what little time they have to train.

Let's set the record straight.

Traditional warm ups suck.

What most people do to warm up before a workout actually **relaxes** your muscles and **decreases** your power and energy... which significantly *decreases* your performance during your workout and the gains and benefits you get from it, and actually *increases* the chances of you getting injured during your workout... because you're muscles and joints just aren't ready!

First, most other warm up programs recommend routines that are outdated, ineffective, and some... downright dangerous. The Primer Workouts System is a method of warming up that comprehensively and properly prepares, activates, loosens, and lubricates ALL of the muscles that you will use in your upcoming workout. This is why you can expect a superior level of protection against injuries and even a significant increase in your performance and results in nearly every workout if you are using my Primer Workouts. Additionally, my program has been carefully crafted, based on years of research and real-world testing, and it includes ONLY the necessary stretches, movements and exercises you need, with instructions on how to do them in just the right sequence, with the right number of reps and sets.

DANGEROUS it is if you're not warming up before workouts...

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!)

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FAST START GUIDE



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

1. Stretching Before Your Workout
2. Warming Up Like A Scrawny Jogger For Weight Training
3. Not Priming The Mind - Muscle Connection
4. Skipping The Warm-Up
5. Failing To Prime The Anabolic Environment



ANABOLIC PRIMING

FAST START GUIDE



Anabolic Priming, The Big Picture

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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FAST START GUIDE



Beginner Anabolic Priming Routine

“Take care of your body. It’s the only place you have to live.” - Jim Rohn

I would spend about a minimum of 2-4 weeks in this section before moving on to the advanced anabolic priming routine.

Exercise	Sets	Reps	Rest	Notes
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.

How to perform standard anabolic priming:

Beginner:

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

ANABOLIC PRIMING

FAST START GUIDE



Intermediate:

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

ANABOLIC PRIMING

FAST START GUIDE



Advanced Anabolic Priming

Advanced Anabolic priming is focused on one thing - Fine Tuning Testosterone and GH Production

To take advantage of the findings of the researchers and other studies on testosterone and GH, we want a program that does the following:

1. Splits leg training into quad dominant and hip dominant days.
2. Employs large muscle mass, multi-joint exercises done with heavy weight for low reps (3 to 8) early in the workout to elicit further production of testosterone.
3. Employs high volume protocols with short rest later on, or last, in the workout to elicit further production of GH.

Quad Dominant Anabolic Prime

Exercise	Sets	Reps	Rest	Notes
Squat*	4	6	60s	
Your Workout				
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	
Your Workout				

ANABOLIC PRIMING

FAST START GUIDE



Exercise	Sets	Reps	Rest	Notes
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

Beginner - Advanced AP Routine:

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

Advanced - Advanced AP Routine:

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](#).

ANABOLIC PRIMING

FAST START GUIDE



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

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.

ANABOLIC PRIMING

FAST START GUIDE



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.

