

ANABOLIC PRIMING

# ANABOLIC PRIMING

PRIMING NUTRITION

PETER TZEMIS

ΠΕΤΕΡ ΤΣΕΜΙΣ

PRIMING NUTRITION

ANABOLIC  
PRIMING

# ANABOLIC PRIMING

## PRIMING NUTRITION



### All Rights Reserved

Copyright © 2017 and beyond – Peter Tzemis Fitness. All rights are reserved. You may not distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

### Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Peter Tzemis Fitness, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Peter Tzemis Fitness, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

# ANABOLIC PRIMING

## PRIMING NUTRITION



**Like most things bodybuilding, the subject of pre-workout nutrition is riddled with empty promises and false gurus.**

What should you eat before you train? Proteins? Carbs? Fats? If so, how much and what types? Or is the secret nothing at all?

Does PWN before training have no appreciable effect on your training or muscle growth? Or, last but not least, is fasted training the holy grail, as commonly preached by many proponents of intermittent fasting?

Anabolic priming's nutrition manual gets the to the truth of these questions - but not with half-assed answers. Priming nutrition is scientifically backed to ensure that results are real and not some marketing fad that sounds fancy. So, without further or do, let's jump right into it.

### **1. Priming Protein: Helps Build Muscle or Is Irrelevant?**

As you probably know, the amount protein you decide to scarf down every day determines your body's ability (or lack of) to build muscle. Eat too little and kiss your gains goodbye.

The question that remains now is this: does the timing of protein matter when you want to build muscle? Does eating protein before, prime the body for maximum growth? Or is it all crap?

Some people say it doesn't matter, and they'll cite studies to back up their claims. On the other hand, you can find evidence that pre-workout protein does enhance post-workout muscle growth in studies.

So who's telling the truth then?

Well, the missing piece to this puzzle has to do with when study subjects had last eaten protein before downing their pre-workout meals.

# ANABOLIC PRIMING

## PRIMING NUTRITION



When you eat food, it takes your body a while (usually several hours) to fully absorb the nutrients (both macro and micro) contained in the food. The smaller the meal, the quicker it takes and vice versa.

Put simply, if you had eaten a sizable amount of protein an hour or two before working out, your blood amino acid (protein) levels would be quite high come workout time. In this state, it's unlikely that more protein before training would make much of a difference regarding priming you to build more muscle because your body is already in an anabolic state.

On the other hand, if it had been several hours since you last ate protein (like when you sleep for 8 hours), and especially if the amount last was eaten were small (less than 20 grams), your blood amino acid levels would likely be low come workout time. Here, research shows that pre-workout protein likely will help prime your body to build more muscle due to the increase in blood amino acid levels (and thus protein synthesis) before training.

If you train in the morning or hours after your last meal, 20-40g of protein, 30 minutes before is the perfect amount to ensure your body is primed for growth. If you are training within 2.5 hours of your last meal (which had an average amount of protein), you can skip the pre-workout protein. It probably won't make a difference.

But Peter, what types of protein should I be eating? Are some better than others?

All good questions.

Science has told us that the faster a protein is digested and the more leucine (an amino acid that stimulates protein synthesis) it has, the more short-term muscle growth it stimulates.

And while any form of pre-workout protein will elevate amino acids to some degree, you'll get the quickest and greatest elevation from a faster-digesting form like whey protein (preferably Isolate), which is also very high in leucine.

# ANABOLIC PRIMING

## PRIMING NUTRITION



This is why whey protein is a particularly good form of pre-workout protein and one I use and recommend. (Research shows it's also great for post-workout nutrition for the same reasons.)

Stick with a naturally sweetened Isolate, and you'll be fine. Check the Priming supplement guide for a list of reputable brands.

### **2. Pre-Workout Carbs: A necessity or unnecessary evil?**

Thankfully the research on pre-workout carbs and anabolic priming is quite straightforward. Simply, carbs 15-30 minutes pre workout do improve workout performance and indirectly induce more growth. I say indirectly because carbs don't directly build more muscle, but rather they allow you to push harder for longer which in turn builds more muscle over time.

So, if pre-workout carbohydrates are good, what types are best for maximum anabolic priming?

Simple: research states high-glycemic carbohydrates are best for shorter, more intense workouts and low-glycemic carbohydrates are best for prolonged (2+ hour) endurance exercise.

Regarding what to eat, I don't like any pre-workout carbohydrate supplements. They're basically hyped up sugar buckets.

Instead, I much prefer getting my pre-workout carbohydrates from food. Lately, I've mostly been training fasted but whenever I am not my favorite source is bananas or other fruit. 25 to 50 grams of carbohydrates 30 minutes before training is going to ensure you see and experience a noticeable improvement in performance.



# ANABOLIC PRIMING

## PRIMING NUTRITION



### 3. Pre-Workout Fats: Useless, unless...

You are following some form of ketogenic diet. Then some MCT oil or exogenous ketones will be rocket fuel.

But for most of us, that's not the case. A review conducted by researchers at Deakin University contains the following conclusion about pre-workout fat intake:

“Thus, it would appear that while such a strategy can have a marked effect on exercise metabolism (i.e. reduced carbohydrate utilization), there is no beneficial effect on exercise performance.”

So, feel free to have dietary fat before you work out, but don't expect anything special to come out of it.

### 4. Fasted Training: What you need to know.

For starters, fasted training is not simply training on an empty stomach. Nor is it waking up and training. Fasted training results when you train in a fasted state. A fasted state is a result of negligent blood insulin levels.

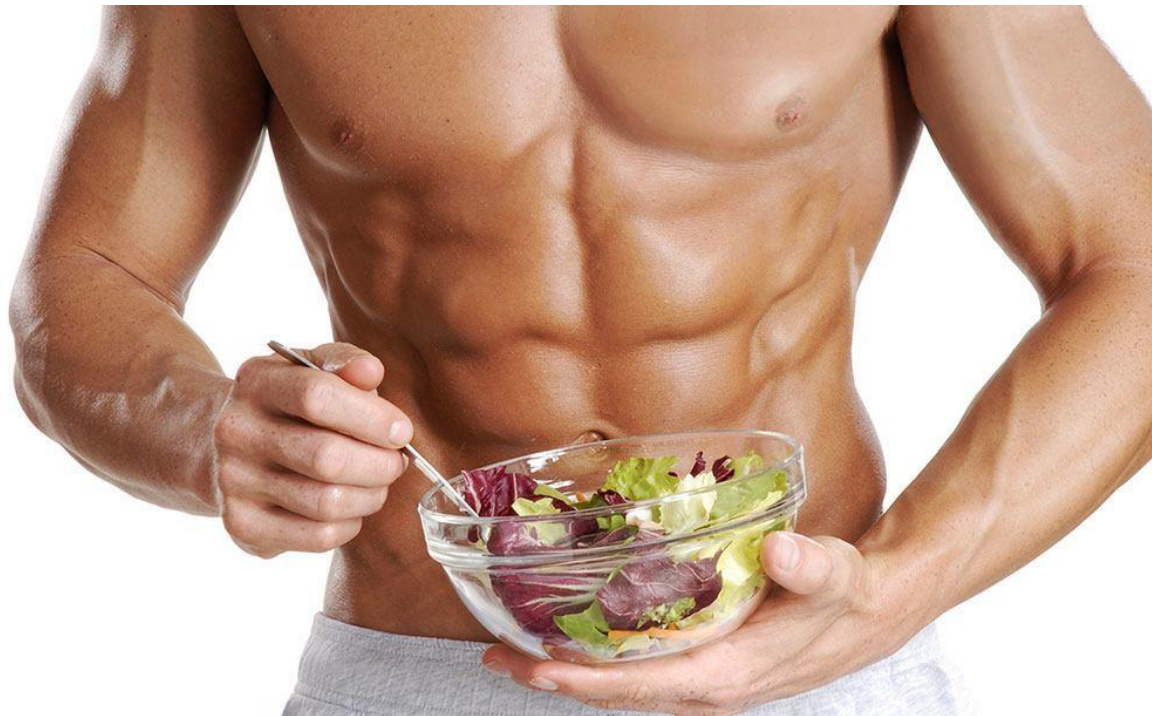
When you eat food, insulin is released to deal with the onslaught of nutrients entering your blood stream. Insulin will then direct the nutrients to their appropriate avenues. Depending on the size of the meal, insulin can stick around for a long time or a little.

When your body finishes absorbing all the nutrients eaten, blood insulin levels decrease to a low, “baseline” level, and research has shown that in this state, exercise-induced fat loss is accelerated. Weightlifting in a fasted state has proven to be particularly potent in this regard.

There is also evidence that fasted training favorably affects the post-workout anabolic response to food.

# ANABOLIC PRIMING

## PRIMING NUTRITION



However, there are downsides you need to be aware of if you decide to go this route. First, some people's bodies just don't do well with fasted training. They feel sluggish and weak and their workouts suffer. Secondly, when you exercise in a fasted state, muscle breakdown is dramatically increased. To prevent this, you want to take 2.5 to 3 grams of HMB 10 – 15 minutes before training or 10g of BCAA's. These suppress muscle breakdown during your workout, thus negating the problem caused by training in a fasted state.

All things considered, fasted training is a useful tool for weight loss purposes, but for anabolic priming, I recommend you have carbohydrates before training to get the substantial performance boost that they provide (as you're trying to maximize muscle growth, not fat loss) and some protein depending on your last meal.

For all pre-workout supplements, check out the anabolic priming supplement guide.

For done for you, quick and easy [anabolic priming muscle meals](#), you can pick it up here, if you haven't already.