

Anabolic Priming

ANABOLIC PRIMING

PRIMING SUPPLEMENTS

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ПЕТЕР ТЗЕМИС

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Advertisements for pre-workout supplements are some of the most overhyped in the industry.

Take a scoop grams of their special powder, and you'll experience "god-like energy," "maximum muscle building" and iron man like training endurance. I've also seen it compared to have a cup of coffee brewed by Zeus himself.

So are these claims even remotely true? Or would you be the wiser to just down an espresso and hit the gym? Well, the answer is somewhat complicated. But let's start off with why the majority of pre workout supplements are just plain crap.

Pre-Workout Profits: The Big Scam

Pre-workout supplements are notorious for several deceitful practices such as including garbage ingredients, misinterpreting studies and not providing clinically effective doses to name a few.

Why?

Because it's extremely profitable.

BUT...Pre-Workout Supplements Don't Have to Suck

Look, I am not going to waste your time or pages of writing detailing all the malpractices of many supplements. Instead, I am going to tell you what ingredients are useful and then which supplements (and companies) I recommend.

So then, pre-workout or caffeine pills?

Well, caffeine is a useful pre-workout supplement that can increase muscle endurance and strength. It's probably the simplest, cheapest way to get more out of your training.

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If dosed properly however, there are other safe natural molecules that can offer quite a punch and improve your performance.

Here are my favorites:

Beta-alanine

Effects: increase lean mass building, reduce fatigue and enhance endurance

Dosage: 5 grams per day. Ranges from 2.5g to 6.5g.

Citrulline

Effects: Improved muscle endurance, aerobic performance and relieve muscle soreness.

Dosage: 6-8g per day.

Ornithine

Effects: Reduce fatigue, promote fat burning and increased GH and IGF-1.

Dosage: 2g

L-Theanine

Effects: Improve blood flow, reduce stress, improve focus, attention, mood and memory.

Dosage: 100 - 250g

Betaine

Effects: improve endurance, strength and increase GH and IGF-1 when combined with exercise.

Dosage: 1 - 2.5g

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Creatine

Effects: Build muscle, improve strength, improve anaerobic endurance, and reduce muscle damage and soreness from exercise.

Dosage: Can be taken pre or post workout.

Option 1 - 5g a day

Option 2 - 20g for 5 days, then 5g a day after that

Yohimbine

Effects : reduce stored fat faster, help burn stubborn body fat, fight off physical fatigue and increases time to exhaustion

Dosage : 7-20mg

Note: Only works in a fasted state.

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HMB (β -Hydroxy β -Methylbutyrate)

Effects: Muscle preserver and potential muscle builder

Dosage: Between 2 and 3 grams.

While those are the “cream of the crop” regarding effective ingredients for pre-workout supplements, the problem has been trying to find products that use them.

You’ll find one or two here and there, but they’re always horribly underdosed and come with a bunch of other junk, including artificial sweeteners and food dyes, which I avoid as much as possible.

The reality is an underdosed pre-workout is not worth the money as you won’t get much more out of it than caffeine pills. But...a properly formulated product would be far superior to caffeine alone.

On the next few pages, you'll find the only pre-workout supplements I recommend. I've made sure to note if they are safe to consume if you wanted to stay fasted and train.

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ATHLETIC GREENS

Superfood cocktail
Tim Ferris calls it his “ Nutritional insurance policy”.

Just a SINGLE serving provide you with the equivalent of 10- 12 servings of vegetables and fruit.

Since beginning to take AG, I almost never get sick, compared to the 2-3 times per year prior .

With this product there is no need to take any other multivitamins, antioxidants or immune support supplements. This supplement really does hit it out of the park.

If there is only one supplement you pick up, let it be this one. Your body, mind and vitality will thank you later for it.



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HIGH QUALITY PROTEIN POWDER - LEGION ATHLETICS WHEY+

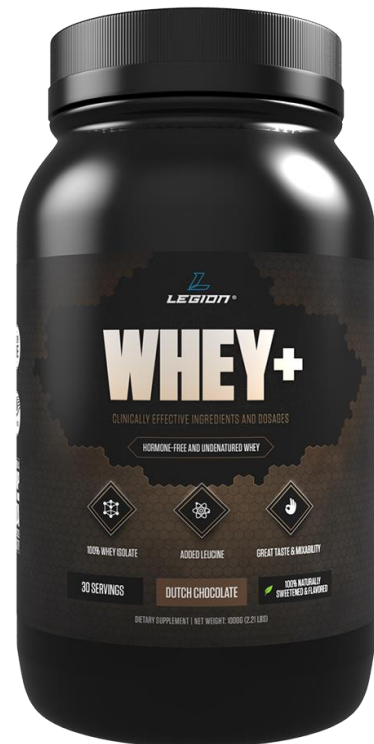
Whey protein is a staple in most athletes' diets for a good reason: it's digested quickly, absorbed efficiently, and easy on the taste buds. It also has a particularly good amino profile, being high in the essential amino acid leucine, which plays a key role in initiating protein synthesis

Since there are many 100% isolates out there, you might be wondering what makes WHEY+ different, and worth trying?

1. Milk From *Hormone Free Cows*
2. Created using COLD MICRO- AND ULTRA-FILTRATION TO PREVENT PROTEIN "DENATURING"
3. ADDITIONAL LEUCINE IN EVERY SERVING
4. DELICIOUS TASTE WITH NO ARTIFICIAL SWEETENERS, FLAVORING, FOOD DYES, OR FILLERS.

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BEST FASTED PRE-WORKOUT FAT BURNER + MUSCLE SUPPORT

FORGE is a fat burner made specifically for use with fasted training. It helps you lose fat--and “stubborn” fat in particular--faster, preserve muscle, and maintain training intensity and mental sharpness.

If you’ve ever looked for advice on how to lose fat faster--and especially “stubborn” hip, belly, and thigh fat--you’ve probably read about exercising on an empty stomach. According to many experts, training on an empty stomach is a simple but powerful way to increase the amount of fat your body burns while you work out.

Well, FORGE was created with three very specific goals in mind:

1. To maximize the amount of fat you lose while training on an empty stomach
2. To minimize the amount of muscle you lose while training in this state
3. To help you maintain intensity and focus in your workouts, which can wane when “training on empty”

The research is crystal clear: when combined with a proper diet and fasted exercise routine, FORGE will help you lose fat faster, preserve muscle, and enjoy your workouts.

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TESTOSTERONE MAXIMIZER - T+ Total Strength+ Performance

Designed to help the body with getting stronger faster. Up to 36% faster to be exact. Proprietary Formula designed to:

1. INCREASE STRENGTH AND POWER
2. IMPROVE ATHLETIC PERFORMANCE
3. ASSIST WITH MUSCLE RECOVERY

Testosterone is one of the most important hormones produced by the body, particularly for males. Not only is it vital to maintaining proper musculature and masculine appearance, it has myriad psychological benefits as well.

When combined with a training regimen that encourages a positive hormonal profile, T+ is designed to assist the body with naturally elevating testosterone levels. Equally important to increasing free testosterone, is the ability to minimize excess estrogen so that the ratio remains favorable inside the body. T+ pays special attention, to this fact by including the well-documented ingredients Red Clover, Luteolin, Resveratrol, and Stinging Nettle Root.

With these combined ingredients, you'll be turning up the volume on everything we are trying to emphasize throughout the book.

ON TOP of all of that, this will boost your performance in and out of the gym. The combination of Beta Alanine and BCAA's built right in mean you can go harder, longer.

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BCAA's

Branched-chain amino acids are three vital amino acids that your body must get from your diet: leucine, isoleucine, and valine. It also happens to be one of the most profitable supplements on the planet, with many scientific studies to back its benefits.

As BCAAs include leucine, and as leucine suppresses muscle breakdown, a BCAA supplement is useful for preserving muscle while training in a fasted state.

Why not eat protein instead, you wonder? Because food will spike your insulin levels and you will no longer be in a fasted state. In fact, whey protein is more insulinogenic than white bread.

BCAAs, on the other hand, have a smaller impact on insulin levels than food, which allows you to remain in a fasted state while you train. This is why many people "in the know" supplement with them before fasted exercise



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Advanced Coffee

The world's most popular drug, caffeine, is a useful pre-workout stimulant that can increase muscle endurance and strength.

Kimera Koffee is packed with premium-grade Nootropics, proven to help you increase focus, power output and cognition.

Nootropics are powerful cognitive enhancers that improve some aspect of mental function.

The Nootropics in Kimera Koffee are all-natural amino acids typically found in protein-rich foods but not always easy enough to get from diet alone.



Each cup of Kimera Koffee contains 725mg of their proprietary Nootropic blend. They've worked very hard over the years to make sure the blend leaves the coffee tasting intact — a delicious bold cup.

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Pre-Workout Powder Option #1 - Pulse

Look, let's get one thing straight: YOU DO NOT NEED SUPPLEMENTS.

However, so supplements, just make the whole process of getting huge and shredded, well effortless. Pre-workout supplements are one of them.

That being said, the market is littered with garbage supplements that are full of sugar (which will knock you out of a fasted state).

A proper pre workout fasted supplement will contain (at the very least) caffeine and beta alanine with minimal to no sugar.

It may also contain Citrulline Malate, L-arginine and/or creatine monohydrate.

All those ingredients work together to increase muscular endurance, muscular power, focus, blood flow and aerobic performance.



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Pre-Workout Powder Option #1 - P.P.K.

This is P.P.K.™, the most powerful pre-workout we've ever made. To do that, we looked at every other pre-workout on the market - and created something entirely different.

See the pump

P.P.K.™ brings your muscles to life each and every time you use it. With 400 mg of PeakATP®, a patented form of bioavailable adenosine-5'-triphosphate, you can be sure that every rep is delivering vital nutrients and oxygen directly to your working muscles for visible increases in pump, power, and strength. In fact, PeakATP® has been clinically shown to increase muscle blood flow 54% greater than exercise alone.* The days of Arginine and L-Citrulline are over. PeakATP® is the new king of pump-enhancing nitric oxide boosters.



Use the power

All the pump in the world means nothing without the power to go with it. That's why P.P.K.™ has 3200 mg of beta-alanine, a critical beta-amino acid that, when present, perpetuates training capacity by slowing down the onset of muscle fatigue. How will you know it's working? You'll feel the "tingle" immediately after your serving.

Feel the kick

P.P.K.™ doesn't just literally pump you up. It also gets you pumped. Your body reacts to P.P.K.'s™ unique formula of scientifically researched nootropics each and every time you take a serving. You may notice faster reflexes, acute alertness, and

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hyper-intensity during every workout. The importance of this cannot be overstated. After all, the greatest workout in the world can be ruined instantly by outside distraction. No pre-workout other than P.P.K.™ mentally prepares you to this level.

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