

**PETER TZEMIS**

**ANABOLIC STRETCHING**

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**ANABOLIC  
MORNING**

MOVING  
ANABOLIC

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## ANABOLIC MORNING

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**Hey!**

Welcome to the **Anabolic Morning System**. This guide is pretty well-known as the ultimate “starter’s guide” to world-class, girl-getting, respect-commanding Testosterone maximizing formula, and it’s **ONLY** for men.

In this report, you’re going to discover:

1. The truth about Testosterone and how your lack of it is holding you back from everything...
2. How to use your own body to naturally increase your Testosterone Levels right now with Harvard backed research (and how to make sure you haven’t been unknowingly using your body to keep your Testosterone Levels down)..
3. The 2 Minute Testosterone Rush technique I use 4x daily to boost Testosterone levels by 40%, massively decreasing cortisol levels while maximize daily energy levels. Oh also this will command unconscious respect from everyone you meet.

Sound good?

Splendid. Let’s fucking go...

## TESTOSTERONE TRUTH

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.

There’s been a lot of talk recently about what’s the fuck is wrong with men these days. Some folks think men just don’t seem as manly as they used to be. When they compare their grandfathers with men today, the latter just don’t seem to stack up. Plenty of theories get thrown around as to the reason behind this perceived decline in manhood

— changing economy, video games, feminism —it’s pretty much just bullshit.

But there is in fact one thing about manliness that we can objectively point to as being in decline.

Testosterone levels.

What’s causing this decline in Testosterone? Rising obesity and less smoking, for starters. The latter, while causing a myriad of deleterious health effects, actually increases your T.

Go figure.

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But even when these factors are taken into account, they don't explain the whole decline. It has been theorized that environmental toxins are also playing a big role.

Many modern household products and foods contain chemicals that raise your levels of estrogen, and decrease your precious T.

Most of you probably know that your individual testosterone levels fall as you age. But studies have shown that men today, across the population, have about 20% less testosterone than men the same age did just two decades ago.

Yup, we are slowly being womanized. Society believes that too much testosterone turns us into uncontrollable animals. This is far from reality.

High testosterone men are the rule-enforcers of society. They're the ones who call out people on their shenanigans – who chase down the criminal, or tell the idiot to shut up. However, that doesn't mean that they're more aggressive, as it's typically understood; they're more likely to enforce the rules, yes, but they're *not* more likely to violate them.

They're less "generous" – in other words, they're less likely to suck-up to strangers – but they are *not* more likely to violate norms and standards in the first place.

They are action-takers. Change-makers. Basically the Elite 1%.

So if you've ever felt like men today just don't have the same swagger, the same virility as your grandpa did, that they don't look and act as masculine as the strapping men you see in black and white photographs, well it turns out it's not all in your head. There's a reason guys today are more like the J-Biebs than George Clooney, and it's because we don't have as much T flowing through our veins anymore.

Here's just a short list of what increasing your Testosterone Levels by that much will do for you:

- Higher sex drive/more desire
- Increased lean muscle mass
- Increased fat-burning (especially while you sleep)
- Increased feelings of power and entitlement
- Increased energy throughout the day (and no longer having those "afternoon crashes")
- enhanced cognitive function \* enhanced immune function \* enhanced action-taking
- enhanced tolerance to risk
- enhanced dominance behaviours and social dominance
- avoidance of impaired immune functioning
- avoiding memory loss
- stronger bones

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And here's a short list of what lowering your cortisol levels by that much will do for you too:

- Lowered stress
- Stronger immune system
- Decreased Hypertension
- More balanced blood sugar (hyperglycemia)
- Insulin resistance
- Decreased carbohydrate cravings
- Increased libido

Sound pretty good to you, yes? Thought so. So what are you going to do about it?

There are 2 steps to changing any behaviour or anything in general. The first step you, have a already taken, is awareness. The second step is now making a conscious effort everyday to do something about it. I could go for hours writing about proper weightlifting protocols as well as dieting strategies to optimize Testosterone levels. This is covered extensively in the [Badass Body Blueprint](#).

However the point of this manual was to give you an immediate result. Something you can do right after you're done reading to change the way you feel and ultimately you're destiny.

This led me to behaviour and analyzing body language and how it affects how we feel. As the legendary Tony Robbins says:

*"Motion Creates Emotion"*

## HARVARD RESEARCH

Body language affects how others see us, but it may also change how we see ourselves. Social psychologist Amy Cuddy shows how "power posing" -- standing in a posture of confidence, even when we don't feel confident -- can affect testosterone and cortisol levels in the brain, and might even have an impact on our chances for success.

You can watch the [TED Talk here](#)

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## THE ANABOLIC MORNING

The Anabolic Morning is to be done every morning. It may feel weird at first to go and do something like this when no one else is, however everyone else leads mediocre lives and doesn't know what you know. Like Nike says...Just fucking do it!

### Part 1 - 2 Minutes

The Anabolic Morning System has 3 parts. The first part is what I call the 2 minute testosterone Rush. Evidently it's 2 minutes long. The entire time you're going to be very open with your body language posing like this:



Close your eyes. Stand up. And copy the body language C. Ronaldo is doing with your arms open, spread out above your head.

The first minute you are going to do a 4 count meditative breathing exercise like this 4 seconds breath in.

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4 seconds hold. 4 second breath out. 4 seconds hold.

Repeat the entire process 3 more times (or 4 times total)

For the second minute all you are going to is visualize what you want your body to look like while staying in the same testosterone pose as before. Arms up and out over the head like you just won a championship.

Eyes closed. Breath deeply. Visualize... Your abs, pecs shoulders, biceps.

Visualize every detail. How much do you want to be able to push in the gym? The size and strength of the muscles. How people react to you with your new body etc.

## Part 2 - 5 Minutes

Part 2 is to get blood flowing. A goof friend of mine, John Romaniello called it the neural Wake up call. I call it the anabolic morning, part 2.

50 Push ups

2 min plank

50 body weight squats When this gets easy...

100 Push ups

5 min plank

100 Squats

Doing some form of activity first thing in the morning obviously has some benefits in terms of boosting metabolism and helping you to burn some extra fat. Not a bad start.

But there are a few other benefits I love, the first of which, obviously, is it "wakes up" your nervous system; meaning that in addition to making you feel more energetic, it'll help to improve neurological efficiency of the movements performed.

That leads us to another reason to do it: reinforcing movement patterns. Since it's performed every day, it serves as "practice" for exercises.

Finally, the AM helps with the same type of stuff, and will increase mobility.

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## Part 3 - 3 Minutes

Yoga is a great practice that can not only improve flexibility, but can also reduce stress, prevent/rehabilitate injuries, and improve respiration.

But most people seem to already know that.

What most people don't know, however, is that yoga can also boost your testosterone levels.

In fact, there is one particular yoga pose that can boost your testosterone levels by as much as 33% after just 2-3 minutes.

What pose am I referring to? The Cobra:

The Cobra is considered a pose of vitality and vigor in yoga and research now shows that it can actually boost your testosterone levels.



I first learned about the effects of the Cobra pose on testosterone in a fantastic book I read called The Science of Yoga by William J Broad.

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The book cited a study conducted by Russian scientists in 2001 that examined the effects of the Cobra pose on the hormone levels of seven healthy subjects.

In the experiment the researchers drew blood from a group of seven volunteers both before and after they did the Cobra pose. In their report they determined that cortisol levels dropped in the volunteers by an average of 11% after holding the pose for just 2-3 minutes.

More interestingly, the researchers found that testosterone levels increased in the volunteers by an average of 16%, with one male subject experiencing a 33% increase. The lone female in the study experienced a whopping 55% increase in her testosterone levels.

Pretty incredible, if you ask me.

If this isn't enough to convince you to incorporate a regular yoga practice into your routine then I honestly don't know what will. Yoga is not just for your girlfriend or wife anymore. It's a keystone practice that can dramatically improve the quality of your life.

## NEXT STEPS

Fantastic you made it to the end!

Most people don't finish anything they start ever and that's really what separates the winners from the losers. Completing something is the only way to success.

You may miss one session once in a while but being on 98% of the time is golden.

**However for the first 7 days you it's imperative you are perfect.** If you do happen to miss a session, simply restart for another 7 days. See you on the other side beast!

Peter Tzemis





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