

**PETER TZEMIS**

**ANABOLIC STRETCHING**

**ANABOLIC  
STRETCHING**  
FAST START  
GUIDE

GUIDE  
PART 1

# ANABOLIC STRETCHING FAST START GUIDE



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# ANABOLIC STRETCHING FAST START GUIDE



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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

### The Problem With Traditional Stretching

The main problem with conventional stretching programs is that they often work against your body's physiology rather than with it.

If you take a tight, cold muscle and expose it to prolonged "standard" stretching, you could incur scar tissue and micro-tearing, which could then lead to muscle weakness, inflexibility, and injury. Obviously that's not what we want.

My goal for you is to supercharge your muscle and bulletproof your body. Getting injured is one of the worst experiences. You feel helpless. And you can't help but watch your body wither into a raisin.

### 8 Reasons to use anabolic Stretching

If we're completely honest, stretching is about as much fun as visiting a drunk dentist in a third world country. However, unlike visiting that dentist, it's a necessary component for everyone trying to look, feel and perform their best in and out of the gym.

However, it's often ignored and brushed off by many as something that's just not important. Who has time to sit there and relax? You could be hitting supersets of bicep curls while balancing on a Bosu ball with one leg instead.

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One thing you probably didn't realize is that stretching, specifically anabolic stretching, can dramatically speed up muscle growth, strength, and recovery. In this article, I'm going to outline the main problem with "traditional" stretching and eight ways anabolic stretching can bring your body to the next level.

Instead, the ideal time to stretch for overall health, performance and increasing muscle mass is right after your workout. At this point, the connective tissues are already being stretched from the blood volume in the muscles. By manually stretching the muscles post workout, you get a double whammy effect; dramatically increasing the muscle fibers growth potential. And if you include some anabolic stretching, your results will 10x. Here are 8 More reasons to stretch:

1. It flips the muscle building switch to ON
2. It creates an occlusion effect.
3. It increases IGF-1 sensitivity.
4. It causes intramuscular hyperthermia
5. It fatigues the muscles, stimulating more growth and power.
6. Anabolic stretching transfers over to your workout.
7. Anabolic stretching bulletproofs your muscles from tearing
8. AS strengthens your tendons

## The Big Idea

The idea is to hold a moderate weight in the fully stretched position of an exercise for anywhere from 30 to 60 seconds. An example would be holding a dumbbell flye in the bottom position to target the chest. Gymnasts use their own bodyweight (which we will too).

## Anabolic Stretching For Beginners

### How To Do It

Hold the stretched position of an exercise with weight. That load can be dumbbells, barbells, plates, or even your bodyweight with exercises like chin ups. Simply lower the weight, slowly, until you reach a position where the target muscle is stretched - this will create the perfect environment for an anabolic surge. When you reach that position, hold it. As exhaustion sets in you won't have the strength to hold the weight. Drop it then.

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## Stretching Duration Length

Aim for a total time of 3-5 minutes, broken into sets of 30-60 seconds each, under load. If you can effortlessly hold the anabolic stretch for 90 seconds or more per set, increase the weight by 10-15%.

## Rest Time Between Stretches

Rest periods are the same duration as the sets. So if you did a 30-second stretch, rest 30 seconds before the next one.

## Anabolic Stretches Example Per Body Part

### Back Anabolic Stretch

Stretch	Hold	Rest	Sets	Demo
Hang From Pull Up Bar Wide Grip (Weighted Optional)	30-60s	30-60s	3 Sets	Self explanatory
Straight Arm Barbell Pullover Hold	30-60s	30-60s	3 Sets	<a href="#">Link</a>

### Chest Anabolic Stretch

Stretch	Hold	Rest	Sets	Demo
Dumbbell Fly With Moderate Elbow Bend	30-60s	30-60s	3 Sets	<a href="#">Link</a>
Weighted / BW Dip	30-60s	30-60s	3 Sets	<a href="#">Link</a>



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## Shoulders & Arms Anabolic Stretch

Stretch	Hold	Rest	Sets	Demo
LYING MALTESE HOLD - ARMS CLOSE TO BODY - SUPINATED GRIP	30-60s	30-60s	3 Sets	<a href="#">Link</a>
LYING MALTESE HOLD - ARMS AT 30 DEGREES - PRONATED GRIP	30-60s	30-60s	3 Sets	<a href="#">Link</a>
BENT ELBOW DUMBBELL PULLOVER HOLD	30-60s	30-60s	3 Sets	<a href="#">Link</a>

## Legs Anabolic Stretch

Stretch	Hold	Rest	Sets	Demo
RDL Stretch	30-60s	30-60s	3 Sets	<a href="#">Link</a>
Single legged Squat stretch	30-60s	30-60s	3 Sets	<a href="#">Link</a>
Calf Stretch	30-60s	30-60s	3 Sets	<a href="#">Link</a>

## Proposed Schedule

Whichever body part(s) you are training that day, perform the beginner anabolic stretch routine associated with that body part immediately post workout. On off days, follow the active recovery guidelines and advanced recovery techniques.

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## Anabolic Stretching For Intermediates

Intra-set anabolic stretching is not only one of the best methods of enhancing mobility and strength, but also extremely useful when it comes to muscle building. You increase overall muscular tension while also maximizing the cell swelling response for maximal muscle damage.

### How to do it

First do a set to failure in an ultra-high rep range (15+ reps). Then immediately after, let the weight stretch that pumped muscle for 30-60 seconds or until you can no longer tolerate the pain.

The key here: take your set to absolute failure before you execute the anabolic stretch. This means that you can't complete another rep.

NOTE: Use clean form and proper technique. You will be tired but make sure you do not compensate your joint positioning during the stretch phase. Especially with weight, this could put you in a position for injury.

Drop the weights if form starts to go. If need be, you could even lower the weights used for the stretch.

### Stretching Duration length

30s to failure

### Rest Time

None

### Intermediate Stretches routine

#### Chest

Stretch	Failure Set	Anabolic Stretch	Sets	Rest btw Sets	Demo
Flat Bench Pec Fly	15+ Reps	30s - Failure	3	2-3 minutes	

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## Back

Stretch	Failure Set	Anabolic Stretch	Sets	Rest btw Sets	Demo
Incline dumbbell curl	15+ Reps	30s - Failure with weight	3	2 minutes	
Tricep Rope Extension	15+ Reps	30s - Failure with weight	3	2 minutes	

## Legs

Stretch	Failure Set	Anabolic Stretch	Sets	Rest btw Sets	Demo
RDL with dumbbells	15+ Reps	30s - Failure holding weight	2	2-3 minutes	
Bodyweight Squat Quad Stretch	15+ Reps	30s - Failure	2	2-3 minutes	

## Biceps & Triceps

Stretch	Failure Set	Anabolic Stretch	Sets	Rest btw Sets	Demo
Incline dumbbell curl	15+ Reps	30s - Failure with weight	3	2 minutes	
Tricep Rope Extension	15+ Reps	30s - Failure with weight	3	2 minutes	

## Proposed Schedule

Whichever body part(s) you are training that day, perform the Intermediate anabolic stretch routine associated with that body part immediately post workout. You may also tack on the beginner anabolic stretch routine following the intermediate protocol. It may add some time to the end of your workout, but your results will speak for themselves.



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## Anabolic Stretching For Advanced

What's the best way to add lean mass? Not a little bit of lean mass, an aberration of lean mass...pure, absolute, unbridled hypertrophy. Advanced Anabolic Stretching is your answer. Get ready for some mental warfare. You've never done sets like these.

### How To Do It

Drop sets with a 30s weighted anabolic stretch hold between sets.

1. At or near the end of a workout, use a weight you can lift for 12-plus reps.
2. When you reach failure, let the weight stretch your targeted muscle for at least 30 seconds.
3. Put the weight down and immediately pick up a lighter set of dumbbells (about 10-20% lighter).
4. Rep out again and then let the weight stretch your targeted muscle for another 30 seconds.
5. Repeat two more times without resting.

### Stretching Duration Length

30 seconds. Do these once or twice a week on selected body parts for six weeks

### Rest Time

No rest between sets

### Important Note

Anabolic stretches, like many exercises, can be dangerous if performed incorrectly. Therefore its imperative form is perfect and that you use moderate to light weights. Go deep enough to feel it in the targeted muscle but don't go too far and instead feel it in the joints or ligaments. If you feel weird pain, drop the weights.

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## Advanced Anabolic Stretches Routine

Set	Reps	Anabolic Stretch	Notes
1	Failure	30s	Drop weight by 10-20% then proceed to set 2
2	Failure	30s	Drop weight by 10-20% then proceed to set 3
3	Failure	Hold until failure	Try not to die

Note Follow the above chart using the associated body part exercise. This is the drop set outline. For example, the chest fly you would do a set to failure, followed by a 30s stretch, then reduce weight by 10-20%. Then do another set to failure, etc.

**Chest - Flat Bench Dumbbell Flye:** Use approximately 40% of the weight of your 1- RM and drop down into the deepest flye you can on a flat bench. Hold it in the fully- stretched position while maintaining a slight bend in your elbows. Gravity will slowly start to take hold as the set continues, but stay in it until you feel your form start to compromise.

**Legs Option 1 - DB Romanian Deadlift:** Emphasize the bottom position with dumbbells or a barbell held at ankle or mid-shin height (depending on your biomechanics). Extend your hips back as far as you can with your weight on your heels for maximum tension on the hamstrings. Keep the weight as close to your body as possible.

**Legs Option 2 - Squat:** Between sets of a quad-focused squat movement, sit on the backs of your heels and place your hands on the floor behind you to support your body.

**Legs Option 3 - Seated calf exercise:** Between sets of the exercise, let the weight stretch you out instead of simply resting.

**Back Option 1 - Shrug:** Following a set of shrugs, allow the weight to keep you in a static hold position at full eccentric. Don't let the weight rest against your sides.

**Back Option 2 - Pull-Up:** After completing a set of weighted pull-ups, fully extend your arms and hang. Keep your feet off the ground for maximal tension. Repeat using lighter weight (or bodyweight) for 2 or 3 additional sets.

**Biceps - Incline Seated Dumbbell Curl:** Between sets, let the weight pull you into controlled hyperextension at the shoulder for at least 30 seconds. Be sure to flex your triceps at full extension to maximize stretch and tension. Drop the weight and repeat the process 2 or 3 more times.

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**Triceps - Rope Extension:** Between sets of triceps rope extensions, let the rope pull you back into a stretched position and hold for at least 30 seconds. Reduce the resistance and repeat 2 or 3 more times without resting in-between sets.

## Proposed Schedule

Whichever body part(s) you are training that day, perform the Advanced anabolic stretch routine associated with that body part immediately to finish off your workout. Once you complete the anabolic drop set, go through the beginner routine to finish everything off.