

**ADVANCED
ANABOLIC STRETCHING 2.0**



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ПЕТЕР ТЗЕМИС

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I know what you're thinking.

How could you possibly accelerate the results of the already awesome program: Anabolic Stretching 2.0 .

Well, it's simple. Turn rest periods into Anabolic Stretching 2.0 periods.

Yes, there's no rest during these brutal sets. But that's why they are advanced.

Advanced AS 2.0 is the best way to add mass. But not just a little mass. I'm talking about an aberration of lean mass...pure, absolute, unbridled hypertrophy.

Get ready for some mental warfare.

You've never done sets like these.

To Fitness, Fortune and Freedom,

Peter

The Science of Advanced Anabolic Stretching 2.0

Dr. Jacob Wilson and his team recently put the theory to the test in the lab, investigating the effects of anabolic stretching on skeletal muscle size and strength in human subjects.

Twenty-four recreationally trained subjects (around 20 years old) were randomly assigned to stretching and non-stretching conditions.

Both groups performed 4 sets of 12-rep calf raises on a leg press twice a week for 5 weeks. The first set was performed at 90% of subjects' 1-rep max (1RM), followed by 3 sets in which the weight was decreased by 15% of subjects' 1-RM per set.

One group added anabolic stretching to the routine, while the other didn't.

The result?

Muscle effectively DOUBLED in the group that used anabolic stretching. Furthermore, the ligaments and tendons seem to both have been "bulletproofed".

In short, the study suggested the optimal environment for results is a combination of mechanical tension and muscle damage. Tacking on some "Anabolic Stretching Sets" near the end of your regular-volume training workouts when you're experiencing significant cell swelling should lead to additional hypertrophy.

Aggressively stretching a fully-pumped muscle is the perfect mechanism for growth. You increase overall muscular tension while also maximizing the cell swelling response for maximal muscle damage.

The Advanced Anabolic Stretching 2.0 Routine

“I’m not out there sweating for three hours every day just to find out what it feels like to sweat.” – Michael Jordan

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

>>> Exercise demonstrations can be found in the exercise guide PDF<<<

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 immediately.

Advanced Anabolic Stretching 2.0 Routine

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.

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

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.

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

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.

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

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

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

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

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

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.

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

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.

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

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.

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

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.