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ANABOLIC STRETCHING FAST START GUIDE

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.

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).

Beginners Anabolic Stretching For Muscle Growth

“You shall gain, but you shall pay with sweat, blood, and vomit.”

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. Fatigue will cause a deeper stretch. This is good.

If the pain is too much too hold before hitting the required time under load, drop the weights. Take a 5 minute break and then try again with 10-20% lighter weights.

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%.

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.

When to do them for muscle growth

As your last workout set of the training session.

Please check the exercise guide PDF for exercise demonstrations.

Anabolic Stretches Example Per Body Part

Back Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Hold	Rest	Sets
Hang From Pull Up Bar Wide Grip (Weighted Optional)	30-60s	30-60s	3-5 Sets
Straight Arm Barbell Pullover Hold At Bottom	30-60s	30-60s	3-5 Sets

Chest Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Dumbbell Fly With Moderate Elbow Bend Hold	30-60s	30-60s	3-5 Sets
Weighted / BW Dip	30-60s	30-60s	3-5 Sets

Biceps Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Incline Dumbbell bicep curl hold	30-60s	30-60s	3-5 Sets

Shoulders Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Lying Maltese Pronated Grip Hold (arms at 30 degrees)	30-60s	30-60s	3-5 Sets

Triceps Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Bent elbow dumbbell pullover hold	30-60s	30-60s	3-5 Sets

Hams/Glutes Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
RDL Stretch	30-60s	30-60s	3-5 Sets

Quads Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

Stretch	Stretch Hold	Rest	Sets
Zercher squat hold	30-60s	30-60s	3-5 Sets

Calves Anabolic Stretch (choose 1 exercise per anabolic stretching 2.0 session)

	Stretch Hold	Rest	Sets
Seated calf machine stretch	30-60s	30-60s	3-5 Sets

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.

Intermediate Anabolic Stretching For Muscle Growth

“You shall gain, but you shall pay with sweat, blood, and vomit.”

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 to 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

As long as possible

Rest Time Between The Exercise Set And Stretch

None

Rest Time Between Sets

2-3 minutes

Please check the exercise guide PDF for exercise demonstrations.

Back Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
8+ Pull ups with or without weight	Wide grip pull-up hold (can be bodyweight or weight attached)	3	2-3 minutes

Chest Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Incline or Flat bench pec flye	Incline or Flat bench pec flye hold	3	2-3 minutes

Shoulders Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Lateral raises	Trap hanging hold (hold weights at the sides of your body and let gravity do the pulling)	3	2-3 minutes

Triceps Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Overhead tricep press	Overhead tricep press hold	3	2-3 minutes

Biceps Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Incline Bicep curl	Incline Bicep curl hold	3	2-3 minutes

Calves Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Seated calf raise	Seated calf raise	3	2-3 minutes

Quads Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
Goblet Squat	Goblet Squat Deep Quad Stretch	3	2-3 minutes

Hamstring/Glutes Intermediate Anabolic Stretch

Failure Set	Anabolic Stretch To Failure	Sets	Rest btw Sets
RDL with dumbbells or bar	RDL with dumbbells or bar	3	2-3 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.

Anabolic Stretching For A Bulletproofed Body

“If something stands between you and your success, move it.”

How to do it

Perform an anabolic stretch on a rest/off day or at the very end of a workout after you’ve rested for at least 5 minutes.

Stretching Duration Length

Minimum: 90s

Optimal: 3 minutes in 1 set

Rest Time Between Sets: as little as possible

Please check the exercise guide PDF for exercise demonstrations.

Anabolic Stretches Example Per Body Part

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Proposed Schedule

Ideally these would be done on an off day but for time saving sake, you can perform 1-2 of these at the end of your workout. These weights will be significantly lighter than the muscle building anabolic stretches.

Tracking Progress: Your Anabolic Stretching Score

“Nobody fucking cares about what you lift in the gym”

Let me introduce you to an equation that has changed my life:

No tracking = no reminders = no change.

It doesn't matter what area of life you are trying to change. Tracking something is better than tracking nothing. Tracking allows you to develop awareness. Awareness leads to appropriate behaviour change. Behaviour change leads to goals being achieved.

You need to hold yourself accountable and do whatever it takes to drag yourself to the gym. I have never met anyone in my life that couldn't find 10 minutes a day to include some anabolic stretching 2.0. If something comes up then shift things around and make it work. There is simply no excuse. End of story.

By tracking you will improve your results dramatically. When you are tracking your progress then missing a workout or just going through the motions in the gym has real, substantial consequences. Tracking progress is the most effective way to keep yourself disciplined and accountable for your actions.

The simplest way to do it is simply record the weight used and amount of time you held the stretch for.

What to do after

Where do all my ambitious, badass students go after Anabolic Stretching? Well there are a few options:

1. First they start with the Advanced AS Program. This is the next level if you are ready for a challenge and want to take your physique to new heights.
2. They use the Badass Body Blueprint to go along side the AS program.
3. They use the Anabolic Sleep Solution to supercharge their life

Now, sometimes people want more. Sometimes, having a program like this isn't enough. If that's YOU, then I'd invite you to join my Anabolic Academy. This is a coaching program on steroids. Yet at a fraction of the cost...

You'll not only get cutting-edge anabolic resources and programs each month...

You'll also get one-on-one access to me, my team, and our private anabolic community for accelerated RESULTS.

And because this is a brand new coaching program I'm giving you FREE access to try it today. And instead of paying \$500 or even \$1000 per month like most coaching programs... you'll get to transform your life, health, and manhood for only \$47/month after your 7 day free trial. Cancel at any time, no questions asked.

[Start your FREE 7 Day Anabolic Academy Trial](#)

I sincerely appreciate you investing in this program and am looking forward to seeing your transformation!

I'm going back to the gym to "carve the diamond"...

To Fitness, Fortune And Freedom,



Peter Tzemis,

petertzemis.com

"Two roads diverged in a wood and I, I took the one less travelled. And that has made all the difference" - Robert Frost