

**30 DAY ANABOLIC REBOOT**



**30 DAY  
ANABOLIC REBOOT**

PETER TZEMIS

ПЕТЕР ТЗЕМИС

**30 ДЕНА  
АНАБОЛИЧНО ПЕРЕБОИ**

# 30 Day Anabolic Reboot

## **All Rights Reserved**

Copyright © 2017 and beyond – Peter Tzemis Fitness. All rights are reserved. You may not distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

## **Disclaimer**

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Peter Tzemis Fitness, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Peter Tzemis Fitness, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

# TABLE OF CONTENTS

Chapter 1 - The War on men

Chapter 2 - Anabolic Rotting

Chapter 3 - Anabolic Reboot Diet

Chapter 4 - Anabolic Reboot Training

Chapter 5 - Anabolic Reboot Supplement Strategies

Chapter 6 - The 40 Day Anabolic Reboot Action Plan

Chapter 7 - Other Rebooting Strategies

Chapter 8 - Final Thoughts

# The War On Men

---

There's war on men.

In today's world, all the messaging you are going to see, 24 hours a day is never going to tell you what I am telling you right now.

Its going to tell you other things. You're going to messages every where that tell women to honor themselves. That tell women that there strong, creative and they deserve whatever they want.

Im not saying that's true and Im not saying thats false. Im saying that's irrelevant.

What Im pointing out here is that you are not going to see that message, telling you, everywhere you go that you are the man, you are strong, that you are creative, you are dominant that you do deserve what you want in your life.

I was at the mall yesterday and everywhere in Macy's and there was signs everywhere about women this and that and the strong creative women and you're beautiful no matter how you look - like really kind of entitlement bullshit - it's really kind of weak shit.

But you know what I didn't see when I was their?

Messaging for men.

The only thing I saw for men was buy your bitch some shit. That's all I saw. I didn't see anything about men to be dominant, be strong, put your path first, be ambitious, give value. Work on yourself, be fucking awesome...

I saw none of that.

And you're never going to see it. your going to need to rely on people like me and important mentors in your life to encourage you of these things and remind you to honour yourself and to honour your path. Because here's the truth.

In life, everyone one you meet for the most part, is the 99%. The sea of fucking mediocrity.

There going to encourage you take a boring path and have a boring job and make a boring average wage and have boring average sex with boring average girls.

And that's really not the path for anyone in my tribe.

And the first step to breaking the shackles mediocrity has on you?

Optimizing your health - specifically your testosterone.

It's no secret that the average man's testosterone has taken a nose dive. In fact according to the Mayo Clinic, testosterone levels over the last 20 years has dropped nearly 25%.

This is resulting in impotence, low sex drive, man boobs, depression, disease, muscle loss and a loss of an entire gender.

The sad fact is that no one is offering a real solution.

Sure, pharmaceutical companies are handing out TRT prescriptions like it's water and that has helped. But if you're like me, you probably don't want to be sticking \$1000 a month needles into your ass on weekly or daily basis if you don't have to.

When growing crops, you can have the best fertilizers and ideal weather conditions but if the soil is rotten you will get very little production.

The same is true with your body:

You can provide it with as much protein as necessary, use the best supplements, and train hard but if your body is "rotten" you will not progress optimally. It will be difficult both to build muscle and lose fat.

With anabolic rebooting we will be focusing on reversing these conditions while essentially resetting your internal anabolic environment through strategic nutrition, supplementation and training.

Once your reboot is complete, you'll be an anabolic powerhouse.

Here's what you can expect...

- > Less facial fat
- > Less fat
- > Improved mood and motivation
- > Bigger and stronger muscles
- > Women will be naturally drawn to you because they can "smell" high T
- > Heightened sex drive

and much more...

This is what happens when you reprogram the anabolic environment to support maximum testosterone production.

# Anabolic Rotting

---

When growing crops, you can have the best fertilizers and ideal weather conditions but if the soil is rotten you will get very little production. The same is true with your body: You can provide it with as much protein as necessary, use the best supplements, and train hard but if your body is “rotten” you will not progress optimally. It will be difficult both to build muscle and lose fat.

“Rotten” means “not optimally healthy”, and here I’m referring to three situations in particular:

- a high acid load
- poor insulin sensitivity
- low grade systemic inflammation

Any of these three conditions can be damaging for your health and will have a profoundly negative impact on your gains.

This is not something I used to worry about. For years I refused to answer any questions about my diet because quite frankly it was bad! I ate no veggies, very little fruit, a lot of red meat and no fish, and my sources of carbs were often bread, breakfast cereal and even candy! I managed to stay lean because I basically forced myself to go for long periods on low calories in between periods of binging.

Because I stayed lean and was decently muscular, I figured that it was fine. I could have been the poster child for IIFYM!

For 3 years I was unable to gain muscle, and when I tried to get leaner I only got flatter. I tried **everything** to gain muscle and **nothing** worked.

When I changed my diet to an anti-inflammatory/low acid load diet (it was my Hail Mary) I instantly began to progress again! I was able to get leaner and build muscle and on top of that felt a ton better physically and mentally.

## **A high acid load**

Before we get started, let's discuss **pH**. PH is a measure of how acid (or alkaline) something is (in our case, the body). A pH value of 7 is considered to be neutral. Anything below 7 is considered acidic and the lower the value, the higher the acidity level. Alkalines have a value above 7 and the higher the value, the higher the alkalinity.

pH lower than 7 = acid

pH higher than 7 = alkaline

Now, in order for your body to function properly, its level of acidity must be within a certain range. Although the ideal level is a pH of 7.4 (so slightly alkaline), it functions optimally between 7.0 and 7.5.

Anywhere lower than 7.0, things start to function less optimally. Naturally, the body will strive to maintain its level of acidity within the appropriate range. If your pH drops, it will release stored substances in an effort to rebalance the pH.

This sounds great...right? I mean, we don't even have to worry about the body becoming acidic if it can balance itself... right? Not so fast! The substances your body releases to rebalance the body have to come from somewhere:

When the body becomes acidic it will first "mobilize" stored calcium and phosphorus in an effort to alkalinize. Where does the calcium and phosphorus come from? Your bones! So your body's effort to rebalance pH can actually weaken your bones.

Another substance that can be used to alkalinize the body is sodium bicarbonate, which is released by the pancreas. When you are in a constant state of acidosis though, the pancreas becomes overloaded and this can have harmful effects that reduce its capacity to produce insulin and may even lead to diabetes.

Glutamine, an amino acid that is most abundant in muscle tissue, is another buffering agent. When you become acidic, your body will breakdown muscle tissue (meaning that you lose muscle) to make glutamine available.

The kidneys, which much like the pancreas are responsible for sending bicarbonate to the blood, are working overtime every time your body needs to be de-acidified, while the liver is responsible for excreting acids.

If you are in a constant state of acidosis long term, these three organs will suffer damage. But even in the short term, acidosis can really kill your progress.



For those of you who only skimmed through this more physiological portion of text here are the important things to remember:

When the body is in a long term state of constant acidosis, these things happen:

1. Weakening of the bones (loss of calcium and phosphorus)
2. Loss of muscle or significant difficulty building muscle and recovering from training (due to muscle breakdown for glutamine release)
3. Negative impact on hormonal profile (GH resistance, decrease in IGF-1, problems with the insulin system, increase in cortisol)

Simply put, if your body is constantly trying to re-balance itself because your nutrition is too acid-forming, it is absolutely impossible to progress rapidly when it comes to body composition.

### **Low grade systemic inflammation**

Low-grade systemic inflammation affects the whole body (not only tendons and muscles but organs, blood vessels, etc.), overloads and eventually weakens the immune system, speeds up aging and plays a role in the development of several conditions such as insulin resistance (even diabetes).

As far as aesthetics are concerned LGSI makes you retain water both subcutaneously (beneath the skin) and within fat cells, both of which make you look fatter than you really are.

Since the muscle-building process is so highly dependent on the immune system, LGSI reduces your capacity to gain muscle via the aforementioned overloading and weakening effect.

### **Poor insulin sensitivity**

Simply put, if you have poor insulin sensitivity you must produce a lot more of it when you eat a meal. This increases the workload on the pancreas and can further desensitize insulin receptors even (making you even less sensitive), which can both lead to diabetes.

From a body composition point of view, having to produce more insulin to do the job (because you are desensitized) makes losing fat significantly harder. As long as insulin is high, your body is in storage mode and energy mobilization is less efficient.

This means that the longer insulin stays elevated, the harder it is to lose fat.

Poor insulin sensitivity, especially in the muscles, can also make it much harder to gain muscle mass. Insulin resistant muscle cells cannot absorb amino acids and glucose as efficiently, and these are important building blocks for muscle gain. What's more, it will be more difficult to replenish glycogen stores.

Ideally, you want to be as insulin sensitive as possible, and this is especially important for the muscle cells.

With anabolic rebooting we will be focusing on reversing these conditions while essentially resetting your internal anabolic environment through strategic nutrition, supplementation and training.

Once your reboot is complete, you'll be an anabolic powerhouse.

# Anabolic Reboot Nutrition

---

In coming up with this program, I encountered a lot of problems. There were no directly applicable studies to “reboot”, but there were scores of studies that gave tantalizing clues.

Likewise, I've experimented with the program myself, as have some of my colleagues, and after making innumerable adjustments, it's finally ready.

I'll start by giving you the lowdown of the reboot. Afterwards, I'll give you my rationale.

## **Phase 1: The Insulin Reboot**

This phase lasts 10 days. Consider it your indoctrination into the anabolic reboot world.

Simply put, if you have poor insulin sensitivity you must produce a lot more of it when you eat a meal. This increases the workload on the pancreas and can further desensitize insulin receptors even (making you even less sensitive), which can both lead to diabetes.

From a body composition point of view, having to produce more insulin to do the job (because you are desensitized) makes losing fat significantly harder. As long as insulin is high, your body is in storage mode and energy mobilization is less efficient. This means that the longer insulin stays elevated, the harder it is to lose fat.

And if you aren't familiar, excess fat is detrimental to an anabolic environment. In one study it showed that men who lost just 9% body fat gained 50% MORE testosterone as a result of the fat loss.

Poor insulin sensitivity, especially in the muscles, can also make it much harder to gain muscle mass. Insulin resistant muscle cells cannot absorb amino acids and glucose as efficiently, and these are important building blocks for muscle gain. What's more, it will be more difficult to replenish glycogen stores.

Ideally, you want to be as insulin sensitive as possible, and this is especially important for the muscle cells.

Hence the 10 Day insulin reset.

For this portion of the diet you are going to simply eat zero carbs for 10 days straight.

My favorite way to do this is to follow Vince Grionda's steak and eggs diet (minus the cheat days.)

Steak and eggs in the morning. Steak and eggs at night. Mix in some veggies and that's it.

Simple, effective and delicious.

Obviously you don't have to do that however the main point here is to basically empty your body of carbs and give your insulin a little bit of a much needed reboot.

## **Phase 2: The Anabolic Hormone Reboot**

There was originally a diet called anabolic burst cycling. Interesting concepts, poor execution. The anabolic reboot is based upon it's principles but takes it up a notch.

Instead of two-week underfeeding and overfeeding periods, the revised ABCDE diet – otherwise known as the Anabolic reboot– involves short five-day diet and exercise periods.

You'll start with a five-day underfeeding program. Simply take your bodyweight and multiply it by 12-14 calories, depending on whether you have what you consider a slow, moderate, or fast metabolism.

For instance, if you have a slow metabolism and you weigh 200 pounds, multiply 200 by twelve to get 2400. That's your maintenance level. Now, during the low cal phase, you'll subtract 500 calories from that to get 1900.

That's how many calories you're going to ingest daily for the duration of your diet phase.

Now, after the five-day underfeeding phase is up, you need to start the five-day overfeeding phase. Remember your maintenance level of calories which, in your example case, was 2400 calories?

We're going to add 750 calories to that and get 3150 calories. That's how many calories you're going to ingest daily during the five-day bulking phase.

Therefore, if you look at one full, ten-day cycle with its five days of 500-calorie deficits and five days of 750-calorie excesses, you'll have ingested a total of 1250 surplus.

Sure, that's not a lot of excess calories, but we're trying to reboot the anabolic environment in a logical, scientific, and realistic way (without adding any fat).

I estimate, based on real-life experiences, that most people should be able to add about 1.5 to 2 pounds of solid muscle a month using this program (for at least two or three consecutive months...hey, no program works forever).

Although the caloric surplus isn't great enough by itself to explain 1.5 to 2 pounds of additional muscle in a relatively short period, the hormonal changes facilitated by this rapid-fire manipulation of dietary intake might very well be.

That's the magic of the anabolic reboot.

One study showed subjects who ingested 1200 to 1600 extra calories a day for 21 days, and blood tests showed progressive increases in testosterone and IGF-1.

Periods of overfeeding have a positive effect on nitrogen balance (which indicates protein retention). Furthermore, overfeeding results in loading fluid, glycogen, and amino acids into the muscle cell. And, if you believe in the theory known as cell volumization (Haussinger), this condition itself creates an anabolic environment within the cell.

This sudden inclusion of a higher-than-normal amount of calories also causes an increased turnover rate of enzymes that play a part in overall growth. In other words, enzymes gear up production so that they become efficient at protein storage.

If, however, this hypercaloric intake continues for too long, the body shifts metabolic gears and becomes efficient at disposing proteins.

Overfeeding also seems to have an effect on thyroid hormones.

We've all experienced that feeling of warmth or increased energy expenditure when we have a large meal. Plasma noradrenaline rises. Thermogenesis kicks in.

The body accelerates conversion of T4 to T3, causing an increase in metabolism and a subsequent increase in body temperature, thus converting fuel into heat instead of storing it.

To recap...

We've managed to hopefully elevate anabolic hormones like testosterone and IGF-1 by overfeeding. We've also managed to "volumize" cells, thereby creating an anabolic environment.

We've created a positive nitrogen balance in general, and we've elevated enzyme levels, in addition to making them more efficient at protein storage. And lastly, we've maximized production of the thyroid hormone T3.

If everything's working right, we're busy producing muscle while putting on very little fat and probably even losing it - adding more anabolic hormonal advantages to our arsenal.

However, the body soon adjusts to this short period of overfeeding.

Enzymes become more efficient at disposing proteins instead of storing them. Endocrine feedback mechanism kicks in so that T levels start to balance out.

Insulin levels start to rise so that fat loss is impossible. And the conversion of T4 to the more metabolically active T3 slows until our big meals have little or no thermogenic effect.

In short, we start to put on fat preferentially over muscle, regardless of how much we're exercising initiating a cascade of negative anabolic reactions.

However, if we switch gears before that happens and cut down on calories, we're able to take advantage of the favorable anabolic hormonal conditions without the downgrading.

Given that T3 is still high, cutting calories will enable us to burn lots of fat. Our T levels are presumably still high, as are IGF-1 levels, and that will prevent muscle loss when we start to dip below maintenance levels.

But, before all of these favorable hormonal conditions begin to adapt once more to the new lower calorie intake, we again switch into a hypercaloric phase.

Pretty simple.

Unfortunately your body will eventually figure this out so this isn't a long term play. Maybe 2-3 months at most.

Last thing to note is the Macronutrient breakdown.

I advise you to start at a 20p/40c/40f split.

This is the optimal anabolic macro ratio for men. It provides enough protein to build/repair muscle and enough fats + carbs to supercharge the anabolic environment.

However, by now, you're probably asking about what kind of training you should be doing to take advantage of the alternating caloric cycles. Read on.

## 40 Day Anabolic Reboot Training

---

Resistance training is unanimously agreed upon as a potent stimulus for testosterone production and muscle growth, but the specific type is either not discussed or not agreed upon. What we do know is that resistance training promotes an increase in both AR mRNA (ie. gene transcription) and protein content and T concentrations.

So combining both of these ideas, we can come to the conclusion that explosive resistance training is the optimal form of stimulus – as long as it is performed under the performance threshold (so as to continually promote AR up-regulation without compromising due to cortisol/stress-related suppression).

**Anabolic Reboot Training Principle: “Do as much Work on as much muscle tissue as possible in as short amount of time as possible while staying under the negative stress threshold.”**

This style of training places paramount emphasis on inducing hormonal response in muscle tissue that is especially receptive to these hormones, leading to more power development, a natural increase in muscle tissue (size & density), more androgen receptors available, and increasingly efficient neuromuscular pathways.

The key here is increasing androgen receptor availability.

Your muscle tissue – on the cellular level – is full of androgen receptors (ARs). You can think of the receptor as a keyhole with the hormones being the keys. When the hormone floats through the bloodstream and reaches the muscle cells it fits into the receptor and unlocks a specific set of activities the cells are designed to be able to perform.

In the case of building muscle, the androgenic hormones fit into the receptors and begin the chain of events that lead to additional muscle tissue being created.

Only by maximizing the androgen receptor density can you take advantage of the increased circulating levels of anabolic hormones you should have following the anabolic reboot program.

Here’s how to train to re-sensitize androgen receptors and increase their density.

You must train in a way that harnesses this progressive development (forcing adaptive change). This is the ONLY way to trigger significant, consistent anabolic response.

I like to think of reboot training as “Antifragility Training” – to adopt the term coined by Nassim Taleb.

In his book Antifragile, he defines it as the following: “Some things benefit from shocks; they thrive and grow when exposed to volatility, randomness, disorder, and stressors and love adventure, risk, and uncertainty.

Yet, in spite of the ubiquity of the phenomenon, there is no word for the exact opposite of fragile. Let us call it antifragile. Antifragility is beyond resilience or robustness. The resilient resists shocks and stays the same; the antifragile gets better.”

Build your training in a way that you benefit from stress, using it to force adaptation, and you will reap the hormonal rewards.

### **Rest, Reps And Training Styles**

We will be using two main training styles. Reverse pyramid training and straight sets.

It is, as the name implies, a reversal of standard pyramid training where the weight is increased and the reps are decreased.

In this type of training you first warm up and then start your first work set with your heaviest weight. After your first work set you reduce the weight 5-15% on each consecutive set.

For example, using a 10% reduction, you might start a set with 300lbs, reduce your weight to 270 lbs for your second set and then to 240 lbs for your third set.

In this way you utilize the heaviest weight when your nervous system and muscles are fresh and shift the focus toward volume, as a secondary concern, after your higher intensity sets are complete.

In reverse pyramid training you will generally be able to get an extra 1-2 reps for each 10% drop in weight on the bar. So in the above example if you got 4 reps with 300lbs, a 10% reduction to 270lbs should allow you to get 5-6 reps.

The next 10% reduction in weight would then allow you to get 6-8 reps etc...

Straight sets are a great companion to RPT because they allow us to work the smaller muscles hard.



You simply start your first workout with a conservative weight you know you will be able to get all 8-12 reps in for each of the 3 sets. When you get to 3 sets of 12, up the weight so that your next workout you will do 3 sets of 8.

### **Anabolic Reboot 3 Day Split**

Why only 3 days?

Well...

- 1) I want you more focused on your diet. Hit that 100% and make the gym secondary
- 2) Everyone can hit the gym 3 days a week
- 3) It allows extra time for other anabolic rebooting activities

Since you're not training daily you MUST push yourself hard.

Many guys fall into this false line of thinking that "more" is better in terms of how often you train. This is a lie. Doing "more" isn't better, lifting more is.

If you train with so much volume and frequency that your lifts are mediocre because you never fully recover from the previous session, then you aren't ever really forcing your body to adapt to anything - it's just going through the motions.

There's no reason for it to release hormonal surges to adapt to the training. Typically, guys in this situation will actually find long term chronic cortisol elevation - which is directly opposite of what you want.

Many guys think 2-3 days of training per week wouldn't be effective for making gains. They're wrong. If you're not making gains, you're not lifting enough weight.

So if you're hitting the gym less frequently, you must lift heavy. Stop being dainty and go for the "full stack" mentality.

Break your 3 day split into the following break down:

#### **Workout A: Chest, Shoulder, Tricep & Trap focus**

<b>Exercise</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>	<b>Training Style</b>
<b>Incline Bench Press</b>	4,6,8		3 2-3 min	Reverse Pyramid
<b>Seated DB Press</b>	4,6,8		3 2-3 min	Reverse Pyramid

Exercise	Reps	Sets	Rest	Training Style
DB Flyes	8-12		3 1 min	Straight Sets
Lateral Raises	8-12		3 1 min	Straight Sets
Tricep Rope pushdown	8-12		3 1 min	Straight Sets
DB Shrugs	8-12		3 1 min	Straight Sets

### **Workout B: Back and Bicep, Trap and Leg focus**

Exercise	Reps	Sets	Rest	Training Style
Weighted Chin Ups	4,6,8		3 2-3 min	Reverse Pyramid
Romanian Deadlift	8-12		3 1 min	Straight Sets
Lat Pull Down	8-12		3 1 min	Straight Sets
Standing EZ bar curl	8-12		3 1 min	Straight Sets
Bulgarian Split Squat	8-12		3 1 min	Straight Sets
Calf raises	8-12		3 1 min	Straight Sets

### **Workout C: Sprinting + Calisthenic + Abs focus**

Exercise	Reps	Sets	Rest
Bike Sprints	Sprint 15s/Rest or light biking 45s		15 5 min when completed
BW Pull Ups	Max		3 2 min
Push Ups	Max		3 2 min
A1 Hanging leg raise	12-15		3 proceed to a2
A2 Air bicycles	Failure		3 proceed to a3
A3 Plank	Failure		3 rest 90s, repeat form A1

Note: Remember to perform your lifts with a controlled explosive motion. Using weighted dips for an example, use control going down, and explode up.

# Anabolic Reboot Cardio

---

Cardio is a simple topic, in my opinion.

The question of “should I do cardio?” can be answered by an “it depends...”

What is your goal?

If your goal is simply to have a good looking physique, then you don't need to do cardio. We've seen this time and again across many different groups of lifters. Resistance training, independent of cardiovascular training, is enough of a stimulus to build a great physique, assuming diet is solid as well.

If your goal is more than just having a great physique, but on top of that physique to also build a healthy, athletic body with some longevity, then I recommend doing specific types of cardio.

The cool thing about cardio is that you can also use specific types of cardio to elicit a hormonal response, as we will soon discuss.

However, some types of cardio are completely counterproductive to your goal of increasing androgen receptor density and binding, and therefore must be avoided.

Any kind of endurance-oriented aerobic cardio should be avoided, to eliminate all risk of chronic cortisol elevation from training. It is far too easy to keep intensity low enough, and duration long enough, with chronic endurance training, to steadily increase circulating cortisol levels over time.

Endurance training is also completely out of line with our goals as THOR adherents, principally. It does absolutely nothing to help you, compromises neural recovery, and therefore must be avoided. Channel that extra energy into lifting heavier weights.

Now that you know what NOT to do, let's talk about what you SHOULD do.

There are a handful of benefits to some specific cardio training:

- > Increased ability to utilize oxygen efficiently (which will help you lift heavier over time)
- > The rejuvenative effect on cellular turnover & blood circulation (from walking)
- > Hormonal response of testosterone and GH to help support an increase in circulating androgen levels

## **Sprinting/HIIT/Anabolic Running**

You'll notice that on Workout C of the reboot protocol I advise sprinting.

Sprinting is incredible for facilitating release of testosterone and growth hormone levels.

It's a tired (and completely common sense) argument, so I will only quickly mention it, but just take a look at sprinters, as track athletes. Their physiques are a testament to the power of the explosive movement to increase circulating androgens which impact muscle density, neural power, and low body fat levels.

Sprinting once a week (I don't recommend sprinting farther than 200m at a time), is an amazing way to keep your body lean, powerful, and athletic in the midst of heavy weight training.

Sprinting will also facilitate just the right amount of leg hypertrophy, but the limitations of gravity and forward motion will keep your legs from getting bulky. Instead they will be muscular and powerful. You'll get a nice GH flush through the entire body on your sprint days.

If you don't want to sprint, you can also pick up [anabolic running 2.0](#) by my good friend Joe LoGalbo.

It's the only cardio program I recommend for men.

# 40 Day Anabolic Reboot Action Plan

## Diet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Insulin Reset	Insulin Reset	Insulin Reset	Insulin Reset	Insulin Reset	Insulin Reset	Insulin Reset
Insulin Reset	Insulin Reset	Insulin Reset	Low Cal	Low Cal	Low Cal	Low Cal
Low Cal	Ana Surge	Ana Surge	Ana Surge	Ana Surge	Ana Surge	Low Cal
Low Cal	Low Cal	Low Cal	Low Cal	Ana Surge	Ana Surge	Ana Surge
Ana Surge	Ana Surge	Low Cal	Low Cal	Low Cal	Low Cal	Low Cal
Ana Surge	Ana Surge	Ana Surge	Ana Surge	Ana Surge		

## Training Split

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A	OFF	B	OFF	C	Active Recovery	OFF
OFF	OFF	OFF	OFF	Workout A, B or C	Active Recovery	OFF
A	OFF	B	OFF	C	Active Recovery	OFF
A	OFF	B	OFF	C	Active Recovery	OFF
A	OFF	B	OFF	C	Active Recovery	OFF
A	OFF	B	OFF	C	Active Recovery	OFF

# Anabolic Reboot Supplements

---

Nearly all T-boosters on the market are trash.

I understand that's a bold statement to make, but it's simply true. Most "special" ingredients just don't have enough science to back them up despite the outrageous marketing claims.

There's one supplement that isn't like that but I'll get to it later.

Instead I like to focus on correcting nutritional imbalances so that your body is provided with the optimal building blocks to produce more T.

Let's get into them now.

## **Vitamin D superdosing**

2000-4000 IU upon waking + 2-4000IU before bed.

Vitamin D, as it turns out, does a lot more than most vitamins. Unfortunately the average person is severely inefficient in Vitamin D (even if you live in sun rich areas.)

So unless you are getting 4 or more hours of near full body exposure to sunlight, listen up.

Vitamin D plays a role in over 1000 genetic markers (including the gene for the development of type 2 fast twitch fibres) and acts as a steroid for hormones in the body.

The best way then to get more of this is

- A. Get (a lot) more sun
- B. Supplement

For some of us who live far from the equator and can't travel, getting more sun can be difficult. It's also hard to measure how much vitamin D your body is making for every hour spent in the sun.

That's why supplementation is important.

A word of caution: since vitamin D is fat soluble (ie you can't piss it out) it is possible to overdose (albeit unlikely.) Thus the importance of blood tests.

I recommend getting one immediately to find out where you are right now and establish a baseline.

Then start taking 2000 IU every morning upon waking and every night before bed for 30 days.

Then get another blood test. Ideally you want to be around 50-60ng/ml.

Peak athletic performance is shown at 50ng/ml and I have found that after 60ng/ml you don't really receive any more benefits. Toxicity levels, so you know, appear at 150ng/ml.

Now whatever your test says you will either need to increase/maintain/decrease your daily vitamin D dosage. Although I suspect increase.

I am 5'8 180 lbs and take 3000IU upon waking and 3000IU prior to bed. You can use that as a bench mark, however it is important to get blood work done.

I recommend [this Vitamin D spray from Onnit.](#)

### **Vitamin K(2)**

Also known as activator X, vitamin K(2) is a special little vitamin that basically amplifies the effects of Vitamin D (as well as vitamin A.)

It basically makes everything better.

Dosage: 30-45mg 2x a week spaced out.

### **Vitamin A**

Vitamin A + zinc supplementation has been shown to be nearly as effective as anabolic steroid administration in stimulating growth.

Enough said?

Here are 5 foods you can eat to get enough vitamin A so you don't have to supplement with it.

- 1) Animal Liver
- 2) Sweet potatoes
- 3) Cod liver oil
- 4) Cheese
- 5) Butter

If however you feel like you can't get enough vitamin A from your diet, consider supplementing with a high-quality multivitamin.

I recommend Triumph multivitamin from legion athletics

### **Testro - X**

I do not make any money for promoting this supplement (maybe one day I will) but it's awesome and everyone should be taking it.

It is built around my foundational rebooting principle: correcting nutrient deficiencies to provide the body with the optimal building blocks for more T.

Here's what it has:

**Zinc Gluconate** - Zinc is the most important mineral for testosterone production, and supplementation has been shown to increase total testosterone, free testosterone, DHT (a powerful testosterone metabolite), luteinizing hormone (called LH, this is responsible for signaling testosterone production), and protect the androgen receptor (crucial for testosterone in the blood to have an effect on your body). The zinc gluconate form found in Tetro-X is the highest quality form with the lowest levels of harmful heavy metals.

**Magnesium Citrate** - Magnesium supplementation increases the effects of testosterone in the blood by reducing sex-hormone binding globulin (which inactivates testosterone), and has been shown to increase free and total testosterone levels in many studies. The magnesium citrate form found in Testro-X is the most well-absorbed form of magnesium and is easy on your stomach.

**Boron Citrate** - Boron is a less-known mineral that when supplemented in higher-than-normal doses has been shown to increase free-testosterone by 28%, reduce estrogen by 39%, and increase DHT by 10%.

**Organic Ashwagandha (KSM-66)**- This powerful indian herb has been used for ages to reduce stress and increase healing. In the research, ashwagandha has been shown to powerfully reduce cortisol levels, increase testosterone levels, increase sperm quality, and reduce feelings of stress.

**Forskohlii Root Extract**- This is another potent herb, used for ages due to its healing and stimulating properties. Forskohlii exerts its effects through a molecule in cells called "cAMP", increasing their energy production and function. Since cAMP has a stimulatory effect on both testosterone production and the androgen receptor, it's no



surprise that research around forskohlii has shown that it's effective for increasing testosterone, up to 33%

In order for testosterone to be produced, your body needs two hormones, "gonadotropin-release hormone" (GnRH) and luteinizing hormone (LH), to first be made.

That's where this LH Surge Blend comes in. Included are three specific ingredients that help to increase GnRH, which signals increased LH, which signals higher testosterone production:

**Inositol** - Inositol is a natural precursor of GnRH, and helps to signal its production

**L-theanine** - This calming amino acid triggers GABA neurons in the brain, stimulating the release of GnRH

**L-glycine** - Another calming amino acid that shuts down stress hormones and increases the pulsatile release of GnRH

Anyways it's awesome (until I make my own and a few more missing ingredients) and you should definitely pick it up.

You can use the Code GAB10 to get 10% off your order.

**[Buy testo-x here.](#)**

# Anabolic Reboot Hacking

---

## **Contrast Showers**

Also known as hydrotherapy, Cold showers have been around for centuries, with Spartan warriors taking a cold shower each day to jolt them into reality.

A cold shower can raise testosterone levels, lower levels of cortisol, boost your immune system, and increase your mental toughness.

Cold showers also work as a form of “cardio, as you’ll quickly find your heart pumping to warm your limbs. Cold showers have even been used to treat mild symptoms of depression and some hypothesize cold showers may be beneficial in the treatment of Chronic Fatigue Syndrome.

At the very least, a cold shower will wake you up.

Another side benefit of cold showers is cold water does not dry your skin. Your skin will be softer and more hydrated after getting out of a cold shower.

Having taken cold showers and contrast showers, I’ve learned contrast showers work more effectively for me.

Contrast showers have been shown to help you recover from hard workouts, as they increase the circulation of lymphatic fluid and improve blood flow. Contrast showers also improve blood circulation and reduce feelings of stress.

When taking a contrast shower, start off by running warm to hot water. Run the hot water over your body for 30-60 seconds. Then switch the water all the way to cold. For 30-60 seconds, remain under the cold water.

Switch back between hot and cold water 3-5 times, finishing with the water set to cold.

[I wrote an entire article about it here.](#)

## **No masturbation and No Porn**

By far the weirdest technique I have come across, NoFAP is the voluntary abstinence of Porn, masturbation and sex (for a period of time). Sounds like it sucks, right?

Well it does, until it doesn’t.

Research has shown that heavy porn use can change the neural pathways of the brain causing addiction, hormonal changes, and sexual dysfunction. When more and more 22 year old men are having problems getting it up, something is fundamentally wrong.

The process of “fixing” this is called rebooting. The rebooting process is intended to restore these neural pathways to factory settings, so to speak.

Rebooting is a personal process with no single correct approach. I challenge you to abstain from pornography and masturbation for the entire 40 days.

Sex with another human being has a positive effect on testosterone levels so no need to abstain from it. Rebooting the brain by abstaining from these behaviors has freed many users from porn addiction and porn-induced sexual dysfunction.

After 40 days you may return to masturbation but never porn.

However, what comes out of rebooting is just short of life changing. The community calls it Nofap superpowers. These include:

1. Confidence boost
2. Increased sexual interest from others
3. Creative mojo
4. Social acuity
5. Reduced Anxiety and Shame
6. More Free Time
7. Sexual Function
8. Super recovery - attributed to testosterone enhancing benefits of nofap.
9. Extreme will power
10. Laser focus

Ya, you need to stop watching porn, now. It’s fucking awful for you. For all the science and geek speak, pick up this book - [Your Brain On Porn.](#)

I promise you won’t go back after reading the horrors porn causes and then experiencing the superpowers of not doing it.

You can also [watch this ted talk](#) for a better understating of why it fucks with you.

## **No booze**

Let's just start by the fact that you do not have to completely give up drinking in order to have naturally high testosterone levels...

...Since few drinks here and there ain't enough to cause any dramatic reductions in testosterone. When it comes to alcohol and testosterone, it's the dose that counts.

However, if you're an alcoholic, and drinking yourself to the point of passing out on several days of the week, then you can be damn sure that your testosterone production has tanked (and you probably know this yourself already because of the negative effects it has on sexual functioning).

It's probably safe to say that 1-3 drinks are not enough to mess up your testosterone production, but anymore than that and the negative effects will start showing up.

However for the 40 day anabolic reboot, commit to consuming ZERO alcohol.

After, you may do as you please.

## **Walking**

Walking is one of the best things you can do for your body. The effects are outstanding to support your recovery and circulation.

I recommend walking 30-60 minutes a day, not just while THOR training but also for the rest of your life.

People generally don't understand that walking should form the base of their fitness.

Walking has been used for literally thousands of years to condition all types of athletes including special operations forces. If its good enough for them, it's probably good enough for you.

In terms of practical application, walking can be considered the original form of general physical preparedness (GPP).

Basically, regardless of the distance or fitness application, walking is the ultimate form of general physical preparedness. It gets your body ready for just about anything, balances the hormones and helps your body resist the many negative effects of a sedentary lifestyle.

By simply adding a good amount of walking per day you will drastically increase your fitness level if you were far below 10000 steps per day. You will make dieting much easier by avoiding the metabolic derangement you begin to experience at very low activity levels and you will sleep better.

## Next Steps

---

Success takes time. And in a 24/7, immediate gratification world, time is something we no longer take at face value. Rather than rushing to get to the end of the journey, stop. Smell the roses and enjoy the journey. One word will help you achieve all of life's endeavours.

Patience.

If the pursuit of excellence and happiness were easy, everyone would do it.

Impatience is the reason we are in awe of men who walk around looking like a statue of a greek god. Without impatience, everyone would be shredded and the goal would be no longer worth achieving.

Long term results, require long term commitment. Wake up, take action all day and go to sleep. Then do it again and again. If you bump, press on.

Do not waddle. Do not dwell and do not beat yourself up.

Accept it, learn form them and move on.

Throw out the time line. It takes, however long it takes. Your commitment to achieving is what will separate you from everyone else.

When I first started working out, I couldn't do a single chin up. I remember watching the P90x video of Tony Horton in awe as he banged them out. Today, I can do them with 90 lbs attached.

Last but not least, break down your massive goal into steps.

Small wins feed the soul and will help push you through when times are tough. With my chin ups, I focused on doing one, then two then eventually 10. After that I moved on to attaching just 10 pounds to my bodyweight, moving eventually to a 40 pound vest and now to two 45 pound plates attached.

One of my favourite quotes is this:

***“Give a man a fish and he will eat for a day. Teach a man to fish and he will eat for a lifetime.”***

I am sure you have heard this saying, and it is overused, but this is my philosophy when it comes to teaching and training. The next thing to do now is go out and take massive elite action daily.

Start with the beginner program and work your way up to the advanced program.

1 week from now comeback and reread this blueprint a second time.

This time really deep dive and take notes. This will help you internalize all the training and success principles found in this book.

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 the Anabolic Academy.

This is a 12 month complete transformation program designed to provide cutting edge training, developmental materials and one-of-a-kind opportunities, to an exclusive global brotherhood of likeminded badasses focused on one thing: Becoming the best version of themselves in fitness and in life.

Join The Anabolic Academy.

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

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