



# UNLOCKING YOUR SIX PACK DNA

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## Unlocking Your Six Pack DNA

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Achieving six pack status isn't that hard... if you have everything in order.

If not, it's a nightmare.

And I don't mean training and diet.

That's simple.

I'm talking about mindset. Mastering the six pack mindset is the key to unlocking your six pack DNA.

### **The hidden secret to unlocking your Six Pack DNA (part 1)...**

I'm going to tell you how you can get what you want in life...

One night in 2013, I realized how it works and tried to follow it ever since.

Enter Emma, the girl that NEVER gets what she wants...

As I got to know her more, I noticed a pattern.

Emma was always in crisis. Her life was always a mess. Emma really had the worst luck ever though.

Whether it was traffic causing her to miss her big break, the water heater breaking or her landlord not getting her rent check - misfortune always seemed to follow her.

Poor Emma. She didn't know why.

Then something happened that made me realize why Emma couldn't get ahead.

Late one night, we were hanging out and she told me that her cell phone was broken and she'd have to message me on Facebook about hanging out later that week.

I asked - Okay, no problem. What happened to your phone?

She said - It fell out of my my pocket and it broke when it hit the ground.

Well, that's a bummer. But wait...

I asked - What happened?

She said - It fell out of my pocket and it broke when it hit the ground.

***Holy shit. What should have been blatantly obviously the entire time - was now blatantly obvious.***

It all made sense now.

I asked - You mean you dropped your phone?

She said - No. It fell out of my pocket.

I said - It fell out of your pocket? Or you dropped it?

Thinking that I was joking, she said - Same thing Pete. I'll message you on Facebook before I go to sleep.

I thought about it on my way home and for the next few days.

It's not the same thing.

**It's not the same fvcking thing at all.**

**In fact - it's the complete opposite and the reason her entire life wasn't working. She wasn't taking ANY accountability for breaking her phone life.**

She had nothing to do with it.

I thought back to all her other stories when she had been unfairly victimized -

- The landlord that didn't get her rent check.
- The traffic that prevented her from trying out for a sitcom that would vault her career the next level.

This wasn't bad luck at all. It was all her fault.

**Individually, these 'incidents' were small things but were representative of her entire life and why she'd never be anything more than an above-average bartender.**

The girl was irresponsible and either too proud or immature to shoulder any of the blame.

So many people have this type of victim mentality too.

The epiphany from that night stuck with me for the rest of my life.

Everything Happens For a Reason - and It's All Your Fault.

Start embracing FULL ACCOUNTABILITY and ACCEPT RESPONSIBILITY FOR EVERYTHING that happens in your life - whether you had anything to do with it or not.

That's especially important for your body.

Don't have abs yet?

Great! It's your fault.

Now do something about it... which leads me to secret #2

## **The hidden secret to unlocking your Six Pack DNA (part 2)...**

Let me tell you the story of the olympic gold medalist who was a total failure...

Dominique Moceanu spent her childhood and teens in pursuit of an Olympic title. She began logging long hours of training at the young age of 6. Before she entered her teens, she had her eyes fixed on nothing but the Olympic gold medal.

She eliminated everything which stood in the way of her goal. Every hour was mercilessly spent in training. As the years went by, honors and trophies piled up, yet all of them meant little to Dominique, other than paving the way to her ultimate goal.

True enough, at the age of 17, and having trained for six long years, Dominique won her much-coveted Olympic gold medal. The contest was stiff and the competitors were tough but she won. By anyone's definition of success, Dominique Archer was successful. What she had spent two thirds of her life pursuing- she has finally obtained. She even had a gold medal to prove it.

Contrary to what the world may have thought, Dominique left the victory stand not in tears of joy, but of a gnawing sense of emptiness. For the first time in her life, Dominique was faced with an empty future void of any demands for another conquest. Her goal-oriented past was now faced with a purposeless future. From a life spent preparing for the future, she was suddenly thrown into a life of living in the past.

It took several painful months before Dominique began to come to terms with the shock of losing a goal by winning it. Only by learning to live in the present did she begin to regain her interest

in life. It took her some time to discover that it is far healthier to embrace many goals than to be consumed with a single commitment.

Success, then, is not a trophy we seize, a record we set or a position we earn. It's not the figures in our bank book, the address we live at or the pay rate we receive.

If success is none of these things, what is it then?

SUCCESS IS THE CONTINUOUS JOURNEY TOWARDS THE ACHIEVEMENT OF SPECIFIC PREDETERMINED, WORTHWHILE GOALS

True success -- the kind which does not burst like a bubble the moment you get hold of it -- is part of a **continuous journey** rather than just an end point.

"We are often so fearful of whether or not we can achieve something that we forget to remember that if it is broken down into smaller, daily steps it becomes MUCH easier and most often attainable."

All your efforts should be bent on cultivating a successful life which, in turn, should be according to **your definition**. Only you know what a "successful life" really is. But if your set of values dictates that a successful life is one with happiness factored in, then it must be a life of varied interests and a whole range of emotions. It must be one which meets your many needs and attains your many aims.

As of 2013, Dominique is 31 years old. And I'm 30. So my crush on her was never creepy, at least on paper.

Therefore, choose specific goals. Map them out so far ahead of their deadlines so that you still have enough time to change and develop into a person who could reach them. Only by choosing specific goals and setting them early enough can you attract success. If not, success will pay you only an infrequent visit, if at all.

It must be stressed that lasting satisfaction can only come from pursuing worthwhile goals. The discovery and the pursuit of something which is truly worthwhile is the most challenging and fulfilling of tasks of that continuous journey we call life. If you care enough to be truly successful, you would accept the challenge. Consider this seriously and act on your conclusions.

The moment you realize that success can be enjoyed every day, you can start thinking about your next conquest after you've reached the next goal. Just before reaching your next aim, take some time to plan (at least think about) your next goals. List down your thoughts as they come so you won't lose them. And in your free moments, analyze them more deeply.

If you reach your current goal and but have not defined success, you may experience "trauma of achievement." Sounds funny, but if you find this odd, just look at famous celebrities – as soon as they reach the apex of fame and fortune, many succumb to the trauma of success, lose their purpose and sometimes lose themselves to drugs or alcohol. Achieving great success after long pursuit is often likened to catching a virulent disease.

A high-quality problem, but still a problem.



Only by framing a new solid goal to take the place of the former one affords a sure cure to the trauma of success. Never leave your old goal without making a new one.

Remember-

"A Goal Without a Plan Is Just a Wish."

### **A final note...**

This is the most basic, the most obvious and the principle that will determine how successful you really are in life.

I hate to rehash generic personal-improvement principles but it's true-

TAKE ACTION. DON'T STOP UNTIL YOU MEET THE PRE-DEFINED, SPECIFIC RESULT (GOAL) THAT YOU HAVE ALREADY ESTABLISHED.

Be obsessed with ACTION.

Just so you know-

Reading information (*even if it's really good shit by Peter Tzemis*) is usually not considered taking action.

It's not even considered learning.

It's considered reading.

Learning is a product of experience.

Experience is a part of taking action.

Go do that now. Plan you first six pack finisher and take action.

And then do it again.

And again.

And again.

Until you reach your goal.

To Fitness, fortune and freedom,

- Pete