



All Rights Reserved

Copyright © 2016 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.

WHY WAS THIS WRITTEN?

THE MADNESS TO MY METHOD

S.I.R.T

THE MAGIC OF IRRADIATION

A REVIEW OF T.N.T. TRAINING

THE BBBx TRAINING PROTOCOL

THE EVOLUTION OF NUTRITION

THE NEW RULES OF CARDIO

YOUR ACTION PLAN

NEXT STEPS

WHY WAS THIS WRITTEN?

Frankly, I was never going to do a subsequent program to the Badass Body Blueprint. It was complete. Every strategy you would ever need to get a badass body, was put into it.

But, for some reason people still emailed in wanting more. A program that will swallow them whole and spit them out a new man.

Not to say the Badass Body Blueprint doesn't do this, but if go through the program a few times, you can see eventually the progress slows.

The reason is two-fold. On the one hand, you are nearing your genetic capabilities and there is nothing you can really do about this.

Secondly however, is that your body is extremely adaptive. While adaptation takes a while, it can happen.

And thus, the point of this program.

BBBX is the next phase in the evolutionary journey for your physique so you can either maintain or keep seeing more results.

The workouts will challenge you like never before. The diet, is groundbreaking. And the results,

well lets just say 42 days from now, you will be blown away.

So without further or do I introduce you to the Badass Body
Blueprint Xtreme....

THE MADNESS TO MY METHOD

Look, the fact that you are here, reading this now, says something unique about you.

It tells me that you are an action taker. That you don't settle for second best. That you go after what you want and always find a way to get it. You like to W.I.N.

When you focus on the W.I.N. there are no excuses left to fail. You cut through all the bullshit and minutia and hone in on exactly what it takes to get what you want.

**What's
Important
Now**

When it comes to building your dream body as a natural weight lifter, what's important now is getting stronger each and every workout. The stronger you get, the better your body will look.

If you can do weighted chin ups with 90lbs attached, you can be damn sure your body is gonna look phenomenal.

That being said, to increase strength at a rapid pace you can increase intensity or increase frequency or both.

The problem with just increasing intensity is that eventually will burn out or get injured. It really is just a matter of time.

The problem with increasing frequency is that most of us don't have the time to spend 2 hours a day in the gym, 7 days a week. But when you combine both of them, in a strategic way, for short "sprints" that's where the magic happens.

And so that's what I've done.

I've taken the TNT protocol from the Badass Body Blueprint and combined it with my favourite frequency and intensity accelerator:

S.I.R.T.

By alternating these 2 lifting techniques, 5 days a week, you get to hit the entire body 2-3x the normal amount.

Thus you are essentially condemning 6 months of strength work into 6 weeks. Pretty damn impressive if you ask me.

Now obviously you can't do this year-round. But 2-3 of these "sprints" throughout the year will take your physique and strength levels to a totally new world.

SUB MAXIMAL IRRADIATION RECOVERY TRAINING (S.I.R.T.)

SIRT is a technique to improve CNS activity and muscle density and definition in a way that puts less stress to the joints.

It is essentially 1 step back, 2 steps forward.

Now, I'm not saying the stress is bad for the joints. It is how the surrounding tissues of the joint get stronger.

It just makes sense to give them enough time to heal before challenging them again with the more explosive TNT type of lifting.

In the Badass Body blueprint, we took days off. In the Xtreme version, it's time to raise the bar.

With SIRT, you'll be able to workout on the days off, help your joints recover and pack 2-3x the lifting in just 6 weeks.

THE MAGIC OF IRRADIATION

The main concept we are going to use here is “Irradiation”.

With irradiation, the goal is to lift slowly and squeeze the surrounding muscles hard and build tension. We then use that built up tension to lift the weight.

Pavel Tsatsouline (The Soviet Unions Fitness Instructor) teaches this.

The big idea is that nerve impulses from the surrounding muscles assist the main muscle to generate more power than if the main muscle were to do it alone.

To get an idea, make a fist, but not too tight. You feel it in your hands and forearms.

Now make a fist a little tighter. That tension now travels up to your bicep and perhaps your shoulder.

Now make a fist as tight as you can. You should feel tension travel all the way to your chest. As Pavel explains..

If you master irradiation, it really firms the body up quickly. No matter what exercise you are performing, several muscle groups are contracting hard to assist with the lift.

The nice thing about irradiation is that you don't have to use heavy weights to accomplish this tension.

Hence the Sub-Maximal part of SIRT.

“The Law of Irradiation...states that a muscle working hard recruits the neighbourhood muscles, and if they are already part of the action, it amplifies their strength!”

So SIRT training is a way to increase the neural pathways to the muscle, increase strength and definition while allowing the joints to recuperate fully.

I've been using the bench press as an example, since it is easy to visualize. Here is how you would perform a SIRT style incline bench press.

Load the bar with about 60-70% of your 1RM. Now, lift the bar off the rack and squeeze the bar with your hands hard as hard as you can.

Attempt to crush the bar as you lower the bar slowly, for 4 seconds down towards your chest. This will build up increasing tension.

By the time the bar hits your chest, aim for maximum tension in your chest, shoulders and arms.

Pause 1 second at the bottom.

Now, slowly squeeze that bar and bring it back to the top of the lift over 4 seconds.

That's 1 rep.

Always be aiming for maximum tension, even if you are lifting baby weights. The idea is to lift a light weight "as if" that weight is your maximum weight.

3 sets of 3-4 reps work perfectly.

Use a weight that allows you to easily get 3 reps in this manner. If your joints are a little sore from TNT training the day before, use a lighter weight.

If you aren't worn out, go a little heavier. However, I wouldn't go higher than 80% of your 1RM.

Using the previous example of a person who has a 1 rep max of 225 pounds in the incline bench press, a 3 set workout plan looks like this.

Set 1: 135 X 4 Set 2: 155 X 3 Set 3: 165 X 3

The weight used isn't that important. The idea is to build up your ability to generate serious tension in the muscle and all the surrounding muscles.

Once you are finished with these 3 sets you should notice that the muscles worked and surrounding muscles are hard.

This type of lifting complements the TNT style lifting perfectly. It builds strength in the supporting muscle groups, to assist once you go back to TNT.

A REVIEW OF T.N.T. TRAINING

True muscle tone, the muscle definition that makes girls drool, is a result of proper strength training.

In the world of strength training, the Bulgarians reign supreme.

Though, it wasn't always such.

They struggled for years, trying to win and even compete in the power lifting olympics. In a last and desperate attempt to vault the nation back onto the podium, Coach Abadjiev and his staff were selected to conduct a, lets say somewhat controversial, study of a new and aggressive athletic development model in Bulgaria.

The method was wildly successful and brought multiple gold medals home. Its phenomenal success had other side effects, however.

The study turned Ivan Abadjiev into the Victor Frankenstein of weightlifting.

In truth, when this training system was first introduced, it was regarded by the weightlifting community as an ugly child that should have been banished.

But like everything else that was scary and new and different, it became stuff of legends and myths.

If you Google Ivan Abadjiev, you can find all kinds of crazy charts and rumoured methods on how the training cycles were organized.

The Bulgarian athletes went heavy and often—they were doing crushing amounts of weight multiple times a day. The reason this was such a shock to the world was the fact that the athletes did it year round.

There was no preparation phase..all they did was hit it heavy. When I started reading about this guy, I wanted to know why he did what he did. What was he thinking?

Abadjiev's Philosophy

Abadjiev proposed that lifting maximum weight causes the neural blueprint for the strongest possible muscle to be synthesized by the body, producing the strongest possible adaptation in human muscle fibres and neural pathways from training.

He claims that his method develops all of the body's systems at once.

By manipulating the training environment, training intensity, and recovery protocols, Abadjiev claims to have perfected how to bring the entire human system in sync.

By doing so, he targets the strength-gene, banishes strength resistance and creates living badasses.

Now, there are 2 parts to this:

The Brain and The Body

THE BRAIN - LEARNING TO LIFT; The Hebbian Rule

When any movement is performed over and over, say moving your finger, neurological pathways are strengthened and the movement becomes more efficient. This is known as the **Hebbian rule**.

It makes sense that when you think to move your fingers, they move—not your toes or your ear or some other body part. The same goes for lifting a loaded bar. **The more you practice a lift, the stronger the neurological impulses become.**

However, Abadjev says that the muscles targeted by the brain at 90% of a lifter's 1RM and below are not the same ones targeted at higher percentages. So, his lifters would work out at 97% of their 1RM in order to strengthen those neuro-pathways that target the strongest muscle fibers.

THE BODY - HEAVY LIFTING

When the body is placed under load, as in squatting with a bar, the musculature breaks down under the weight and needs to be repaired. DNA is translated and mRNA strands synthesize new proteins to repair the muscles.

According to Abadjiev and the Protein Memory Hypothesis, mRNA produced from below 90% of 1RM lifts is not the same as mRNA produced from lifts executed over 90% of a lifter's 1RM.

Lifting weight over 90% will cause the strongest possible muscle to be created when the body is broken down (or that's the idea).

Because of this, Abadjiev states that his athletes performed lifts at or above 95% of their 1RM and, in most cases, they did this four times a day.

If you think this is new stuff think again. The science behind heavy lifting goes much farther back. Let's look at Harvard in 1965...

In 1965, Harvard physiology professor, Dr. Elwood Henneman released an awesome study on the important function of motor neurons. (source) More specifically, his team found that smaller motor neurons require less input than bigger motor neurons, correlating directly with the size of the motor unit. Furthermore, muscle contractions begin with small motor units and recruit larger motor neurons based on the size of the input needed to cause a movement. Taken into the context of training, when you un-rack a weight that is 95% 1-RM your nervous system goes into

overdrive, sending massive signals to your body to increase muscular recruitment. Motor neurons, and virtually every other nerve in your body, are constantly receiving information from other nerves, such as the descending neural tract from your brain.

As a result, your nervous system becomes super-charged, recruiting more muscle fibers to execute the near-max squat.

THE DEATH OF PYRAMID TRAINING

Most people will grab a weight and pump out 12-15 reps. After a brief rest they will add weight and pump out another 10-12 reps. They will repeat this process until they hit a weight that causes them to hit failure in the 5-8 rep range. This is known as pyramid training.

The problem with this is that they become semi fatigued for their heaviest set. As a result they end up using a weight that is lighter than their true 5-8 rep max. Because they are lifting below their true potential they never promote optimal strength and muscle gains.

According to Vladimir Zatsiorsky (A world-renowned “sport biochemist” who was a strength and conditioning coach for the Soviet Union Olympic teams.):

“Pyramid Training has been virtually abandoned by Olympic-caliber athletes. The ascending part of such a routine induces

premature fatigue, while the descending portion is not efficient since it is performed in a fatigued state. Since 1964, pyramids have been virtually excluded from the training of elite strength athletes.”

The problem with this is that they become semi fatigued for their heaviest set. As a result they end up using a weight that is lighter than their true 5-8 rep max. Because they are lifting below their true potential they never promote optimal strength and muscle gains.

I recommend flipping the script and performing your heaviest set first while you are completely fresh. I believe Abadjiev would agree.

Your heavy set is really your money set and has the greatest capacity at triggering maximum strength and muscle gains. However, in order to get the maximum training effect it is essential that you perform the heavy set while you are completely fresh to maximize performance output.

So the conclusion is that we should be lifting heavy all the time...

Not exactly.

SUB-MAXIMAL EXPLOSIVE POWER - BRIDGING SUCCESS

While the science holds true, our bodies are not training for olympic level competitions (if you are an olympian, contact my assistant Samantha). Furthermore our environments are most likely not that of olympic caliber.

Ask anyone who's put themselves your high-volume, high intensity training for years and you'll get an earful on how you can't lift heavy each and every workout.

Your nervous system, joints, and tissues would start screaming at you before too long. Luckily, there is a second way to maximize force/tension when lifting

Lifts lighter weights faster. Very scientific, I know.

Vladimir Zatsiorsky emphasized lifting at as high of a velocity as possible to generate maximum force on the bar. This activates the maximum number of motor neurons in the muscle. It also adds a bit of momentum to the lift.

After performing your heavy set and scoring a nice personal record you will follow this up with a few more sets with gradually reduced loads.

The subsequent sets will be less demanding on your neural system since you will be lifting lighter loads.

Now here is where the magic of reverse pyramid training and Submaximal Explosive lifting comes in...

You will notice that your first heavy near 1RM set will make your subsequent sets feel very light. The heavy set overloads the central nervous system, resulting in greater motor unit recruitment and force, which can last for a few minutes afterwards.

As a result you get better muscle fiber recruitment than normal with lighter weights if do them after your heavy set.

Since you will get more muscle fiber activation in your lighter sets you will stimulate hypertrophy much more effectively.

Furthermore doing the sets with lighter weights, will result in protection of the joints, one of the most overlooked principles in the weightlifting world.

Nothing derails success like poor joint health.

Okay, enough science and theory—Time for some simple, practical and badass action taking advice.

1. Practice the same lifts often. Your body will learn the movement pathways and become more efficient and thus deliver stronger nerve impulses making building strength and muscle a breeze.

2. **Lift Heavy:** The most obvious of all methods, increased training intensity (%1-RM), requires a greater signal from your body to muscles to execute the action.
3. **Lift Submaximal Loads, AFAHP** (as fast as humanly possible). You can't train heavy all of the time, sooner or later, something will give. The bulgarians learned this the hard way. Fortunately, explosive lifting bridges the gap to give you the iron fix while sparing your body.

How to perform a TNT Workout Set

Let's take the bench press.

You would first do 2-3 warm up sets, working up to 90-95% of your 1RM. An example with a 225 max bench.

Warm up sets : 135x8, 185x6, 205x4

Set 1 - 220 for 4 reps.

Set 2 - 205 for 6 reps, lifting explosively

Set 3 - 185 for 8 reps, lifting explosively

That's it.

Note: lifting explosively means, moving the bar up and down as fast as humanly possible without banging your joints or sacrificing form.

THE BBBx TRAINING PROTOCOL

Now on to the main event. So we have 2 types of lifting days that compliment each other. SIRT and TNT. We will be alternating them 4-5 days a week.

TNT day 1 - Chest, shoulders, triceps and abs

Exercise	Reps	Sets	Notes
Flat Bench Press	4,6,8	3	TNT
Lateral Raise	6	3	Explosive
Rope Push Down	6	3	Explosive
Plank	2-3 min hold	3	
Hanging Leg raises	12	3	

Rest: 2 min between sets and exercises

TNT day 2 - Back and Biceps

Exercise	Reps	Sets	Notes
Deadlift	4,6,8	3	RPT
Wide Grip Pull up	4,6,8	3	TNT
Incline Dumbbell Curls	6	3	Explosive
Barbell Curls	6	3	Explosive

Rest: 2 min between sets and exercises

SIRT day - Full body

Exercise	Reps	Sets	Notes
Incline Bench	3-4	2-3	4s up, 4s down
Barbell Squat	3-4	2-3	4s up, 4s down
Military Press	3-4	2-3	4s up, 4s down
Bicep Curl	3-4	2-3	4s up, 4s down
Rope push down	3-4	2-3	4s up, 4s down

Rest: 1 min between sets and 2 min between exercises

Your proposed schedule...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TNT 1	SIRT	OFF	SIRT	TNT	OFF	SIRT

THE EVOLUTION OF NUTRITION

One aspect of nutrition that has become apparent to me is that there is a lot of lies, half truths and empty promises out there.

For some reason, people, including myself, are trying to bend the laws of science and claim that certain nutrition hacks are better than the fundamentals.

And 99% of the time they are wrong.

However, I have found one adjustment, that has helped me get exponentially better results.

The adjustment is this:

Eat Less Protein. Period.

I know. Shocking.

The world has become obsessed with this protein feeding frenzy. I'm not sure where it started but it needs to end.

Protein isn't bad per say. But excessive amounts are unnecessary.

The only factors that matter in diet to get your dream body are

1. Proper Calorie Consumption
2. Balanced macronutrient breakdown.

3 Reasons why you should eat less protein

Firstly, at the end of the day, to get results, you need to be consistent. I have found that eating less protein leaves room for more carbs and fats.

This makes my meals delicious, satisfying and just generally awesome. And thus I stick to my diet easier.

And that's how I get the results. Every. Single. Time. With myself and 100% of my clients.

Secondly you need to eat less protein is because of hormonal optimization. See protein has very little effect on hormones. It helps with recovery and muscle building, but does very little for hormone optimization.

When you are in a calorie deficit your hormones take a hit. Your body realizes that is consuming less than its burning and thus down regulates them for survival reasons.

When you have too much protein, these hormones have a tough time staying in check. But when you add extra fat and carbs in

there, it help keep the hormones balanced and promoting testosterone, mood and optimal sleep.

Fat loss becomes easier and muscle building becomes effortless all because you decided forgo drowning yourself in dried milk powder.

Thirdly, you don't need as much protein as you think.

Brad Pilon goes into far too much detail in his book "How much protein" however the research is clear:

The maximum amount of protein needed is about 0.82g per pound of bodyweight. Some studies even point to a lower intake than this – and if you have a lot of fat to lose, this number should be even lower.

The bottom line is that keep a balanced diet. 25-30% Protein, 30% Fat and 40-45% Carbs is perfect.

Calculating your Calories

The Cut Protocol

Calories = 12 x goal bodyweight (within 20lbs of current weight)

Protein = 30%

Carbs = 40%

Fat = 30%

The Recomposition Protocol

Calories =

Training Days 16 x goal bodyweight (within 20lbs of current weight)

Rest Days 12 x goal bodyweight (within 20lbs of current weight)

Protein = 25%

Carbs = 45%

Fat = 30%

If you are looking to put on a little size, then go for the recoup protocol.

If you are looking to cut extremely quickly, follow the cut protocol.

THE NEW RULES OF CARDIO

Normally I'm a fan of cardio. Actually, that's a straight up lie.

I hate it.

But I do think it has its merits. Hence this brief chapter.

While I don't necessarily agree with all the aspects of minimalism, I think in this case, less is better.

Cardio puts a lot of stress on your body. And when you are already hitting the gym 5 days a week while living a life, the last thing you need is more stress.

Stress will only hold onto fat longer, and break down muscle faster.

However, a little cardio does help. It helps by moving blood around, decreasing recovery time and making you feel good. It also helps sweat out toxins and train your heart.

So overall some good stuff; assuming you don't do too much.

Now if you feel over worked, just skip the cardio and go for a nice walk. However you may add these at the end of your workout or on off days if you desire. But please keep it to a maximum of 2x/ per week.

CARDIO OPTION 1

Bike sprints

Sprint 30s

Rest 60s

Repeat 10x

CARDIO OPTION 2

100m Sprints

Rest 60-90s between sprints

Repeat 6-10x

CARDIO OPTION 3

200m Repeats

Run 200m

Rest 2 min

Repeat 5-8x

MICRO LOADING AND SUPPLEMENTATION

SUPPLEMENTATION

As for supplements, I don't think you need any one thing if you have a balanced diet. However I know its difficult to get everything in one diet.

Therefore I recommend Athletic Greens. A superfood cocktail that will ensure al your basis covered.

If you want some recovery aid, you can take creatine. No need to load it. 5g a day is more than sufficient.

If you have trouble eating sufficient protein, you can take a protein powder. I recommend this one.

MICROLOADING

Micro loading is a technique to continuously make strength gains in gym without ever hitting a plateau.

Typically a gym will have 2.5 plates as their smallest. Jumping 5 pounds, as you go up in weight, becomes a big jump. My suggestion is you buy 1.25 plates, bring them to the gym and go up 2.5 lbs every lift instead of the 5lb jumps.

This is a realistic approach to strength gaining and will ensure you never hit a plateau or enter strength resistance syndrome.

You can buy them here.

NEXT STEPS

Fantastic! You made it to the end. I'm so damn pumped to see your transformation.

The fact that you are here, reading this tells me that you are going to be successful.

90% of people who own this book, won't make it this far.

You did. For that, I applaud you.

But now, its time to take action .

To plan out the next 42 days. To make sure you hit every workout hard. You hit your calories and macronutrients daily.

To make sure you are consistently improving day in and day out.

The journey of a thousand miles starts with a single step...in the right direction.

This is your map. Use it.

I will see you at the top of the mountain brother!

To Fitness, Fortune and Freedom,



Peter Tzemis,
America's *Honest* Fitness Coach.
PETERTZEMIS.COM