



## **BADASS BODY BLUEPRINT VIP COACHING**

### **CONSULTING INSTRUCTIONS**

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## **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.

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**WELCOME! You Made it! You did what most people will never do.**

You took action and bet on yourself. You made the best investment possible, Which is into yourself.

See now I know something about you. I know that you don't just want results but you are committed to getting them. I can't wait to hear about your transformation!

Now this manual is going to be small, efficient and quick.

Above is your VIP EMAIL Card. It has a tracking number so you can only use it once. And only you can use it.

Here's what your going to do. You are going to go through the manual, all the bonuses and the overdrive package. Then I want you to immediately start the program.

Now as your reading through or going through the program, you may some questions that about the structure, diet, what to wear to your ex's holiday party etc.

So this email card gives you access to me for 5 Very Important questions related to the Badass Body blueprint system and results. Please do not abuse this privilege.

You will be emailing me directly and not one of my assistants. Therefore I am going to ask you to structure your emails in a specific way.

Again I get a metric crap ton of email everything from media stuff to coaching inquiries. Of course this is a good problem to have and I'm not complaining. I just want you to know what I spend my time doing so that if you don't get an email response within 5 minutes of sending me your not gonna go bad shit crazy on me.

The Following way is how you would structure your email

Subject Line : BBB VIP <----- Very important

line, if it is not that then It will end up in my trash.

Hey Pete,

Insert Flattery here...

Then write me a super concise message in the form of an *itemized list* of questions. For example:

1. What are your thoughts on BCAA's? I have some left over, should I use it?
2. How often Should I measure Body Fat %
3. When is the best time to weight myself

#### 4. I'm getting great results, how do I continue the FYWF solution after the holidays?

This type of message is MUCH better for me (and you) than a long message written n paragraph form where I have to go through and pick out the questions. With a list, I can simply go through and answer the questions within the body of your email.

Like this:

Hey Pete,  
Love the program, you are truly an amazing human being and super smart and did I mention very handsome?  
Below are my questions! I've already lost 10 pounds these past 2 weeks! Thanks Again!

1. What are your thoughts on BCAA's? I have some left over, should I use it?

It's not necessary but it can help on days your fasting.  
Since you already have it, go ahead and use it.

2. How often should I measure Body Fat %

That depends on how you're measuring. If you're getting measured with calipers, getting measured once per month

is fine. However, ask them to take THREE separate measurements and then average them out.

If you're using a bioelectrical impedance scale, you can measure by yourself. This is easier and more convenient. They are less accurate, in the absolute sense, and so it's important to measure more often.

In fact, if you have a good scale, I would recommend measuring 3-5 times per week, and recording the weight and body fat readings directly in your profile. The measurements

will vary quite a bit, BUT the important thing is that over the course of the month, the measurements trend in the same direction.

Bottom line: If you're going to be measuring your body fat on a scale, I highly recommend that you get this **one**, and use it consistently, and under conditions as close to identical as possible (same time of day, same days of the week, etc

### 3. When is the best time to weight myself

In the morning when you wake up in the middle of the week, probably a Wednesday. Also keep in mind it's probably the best to just weight yourself once a week at the same time on the same day. The middle of the week will give you the most accurate results however

4. I'm getting great results, how do I continue the BBB program after I finish the 12 weeks?

Simple, take a week where you use 50% of your normal working weight. Then just follow it for another 12 week cycle

So, again, you can see how that's a LOT easier, right?

Better for you, because it forces you to organize your thoughts and be concise; and better for me because I know exactly what you're asking.

So that's it! Send the questions to:

[support@petertzemis.com](mailto:support@petertzemis.com)

Subject line: BBB VIP

Looking forward to your transformation and questions!

- Peter