

30 DAY ANABOLIC REBOOT



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ПЕТЕР ТЗЕМИС

**30 ДЕНА
АНАБОЛИЧНО ПЕРЕБОИ**

30 Day Anabolic Reboot

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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 developing crops, you can have the best fertilizers and ideal weather conditions, but when the dirt is rotten, you will yield very little production. The same is true with your own body: You can give it just as much protein as necessary, utilize the best nutritional supplements, and prepare hard but if your system is "rotten" you will not advance optimally. It will be hard both to build muscle and lose fat.

"Rotten" signifies "not optimally healthful,"

For many years I refused to answer any questions regarding my diet since quite honestly it was bad! I ate no vegetables, very little fruit, a lot of red meat and no fish, and my resources of carbohydrates were frequently bread, breakfast cereal and maybe even candy! I managed to remain fit because I basically forced myself to go for long periods on low calories in between times of binging.

Eventually, the magic wore off. Muscle growth was swapped with fat gain. Gone were my abs; and my ordinarily high energy levels were replaced with 4-5 caffeine-laden drinks per day just to feel normal.

Once I reset my internal environment with the anabolic reboot, I immediately started to advance again! I was able to pile on muscle, get leaner and felt a ton better emotionally and physically.

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 designing this program, I encountered many roadblocks. There were no directly applicable studies to “reboot”, but there were tons of studies that gave me pieces to the puzzle.

Since testing with the program on myself and my private clients - and after making innumerable adjustments - it's finally ready.

I'll start by giving you the breakdown and science 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.

When you have poor insulin sensitivity you need to produce a lot more of it when you eat.

From an entire body composition perspective, having to make more insulin to do the task (since you are desensitized) makes shedding fat considerably harder. As long as insulin is high, your body is in storage style and energy mobilization is not as efficient. This means that the longer insulin stays raised, the harder it is to get rid of 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 reboot, you are going to eat zero carbs for 10 days straight.

My favorite way to do this is to follow Vince Gironda'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 green juice.

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 its principles but takes it up a notch.

The Anabolic reboot involves short five-day diet and exercise periods.

You'll start with a five-day low calorie program. Depending on whether you consider you have a slow, moderate, or fast metabolism, simply take your bodyweight and multiply it by 12-14 calories. That's your maintenance level.

Now, during the low cal phase, you'll subtract 500 calories.

That's how many calories you're going to ingest daily for the duration of your 5 day low cal diet phase.

Now, after the five-day underfeeding phase is up, you need to start the five-day super-feed phase. Remember your maintenance level of calories?

We're now going to add 750 calories. That's how many calories you're going to ingest daily during the five-day super-feed phase.

When 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 large enough to explain up too 2 pounds of additional muscle, the hormonal changes facilitated by this stealth dietary manipulation might very well be.

That's the magic of the anabolic reboot.

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

Periods of overfeeding have a beneficial impact on nitrogen balance (which indicates protein retention). What's more, overfeeding results in super-loading fluid, glycogen, and amino acids into the muscle cell.

And, in case you think in the concept called cell volumization (Haussinger), this condition itself creates an anabolic environment inside the cell.

This abrupt addition of a higher-than-normal amount of calories also causes an increased metabolic rate of enzymes which play a role in overall development. To put it simply, enzymes gear up production so that they are efficient at protein storage. If this hypercaloric intake continues for a long time, the body shifts metabolic gears and becomes efficient at ridding fats.

Super-feeding also appears to have a beneficial impact on thyroid hormones. We have all experienced that feeling of heat or increased energy expenditure when we have a massive meal.

Plasma noradrenaline rises. Thermogenesis kicks in. The body accelerates conversion of T4 into T3, causing an increase in metabolism and another increase in body temperature, thus converting fuel into heat rather than storing it.

To recap...We've managed to hopefully elevate anabolic hormones like testosterone and IGF-1 by overfeeding. We have established a positive nitrogen balance generally, and we have raised receptor levels, in addition to making them more effective at protein storage.

And finally, we have improved production of the thyroid hormone T3. If everything's working right, we're busy producing muscle whilst putting on very little fat and probably even losing it - adding more anabolic hormonal benefits to our toolbox.

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

Enzymes become more effective at ridding proteins rather than storing them. Insulin levels begin to rise in order that fat loss is hopeless. And also the conversion of T4 to

the more metabolically active T3 slows until our large foods have minimum thermogenic effect.

In sum, we begin to put on fat preferentially over muscle, no matter how much we are exercising initiating a cascade of unwanted anabolic reactions. However, if we switch gears before that happens and cut back on calories, we're able to take advantage of the favorable anabolic hormonal conditions with no downgrading.

Given that T3 remains high, cutting calories will let us burn a great deal of fat. Our Testosterone are presumably still high, as are IGF-1 hormones, and that will avoid muscle loss once we start to dip below maintenance levels.

But, before all of these positive hormonal conditions start to accommodate once more to the new lower calorie consumption, we again change to a hypercaloric stage.

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

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

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

I know the title is the 30 day reboot plan, but that's because I don't count the insulin reset as part of the main plan. The full 40 day plan is below:

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	C	OFF	B	Active Recovery	OFF
C	OFF	A	OFF	B	Active Recovery	OFF
A	OFF	B	OFF	C	Active Recovery	OFF
B	OFF	C	OFF	A	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 testro-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