

5 EASY WAYS TO

BUILD MUSCLE



CHEAT SHEET

MOMO[MUSCLE]

MOMO[MUSCLE]



MON
TMAA
CA-/
30.C

ABOUT [MOMO]

HEY THERE! I'M MORGAN OLSON

Trainer, Nutrition Nerd, Ice Cream Connoisseur & a bit socially awkward. **Trust.**

Basically, I design tools to teach women/AFAB individuals to see sustainable results in less time. I want you to feel more like yourself & fitness is the catalyst.

V-lines & all. Yep, I said it. You can get it.

Alright, so now that you have a feel for me, connect with me on Instagram [@MoMoMuscle](https://www.instagram.com/MoMoMuscle) so we can stay inspired together!

xx Coach MoMo



EAT MORE, EAT RIGHT.

First and first, you need to eat a surplus of calories to build muscle. Some like this, some hate it.

The hard part is not only eating enough, but eating quality food. Good quality food will reduce the amount of fat you will gain, improve your digestion, and energy levels.

Quality food for gaining muscle includes — organic meat, high quality protein powder, berries, oats, rice cereals, sweet potatoes, and healthy fats.

BABE-TIP:

Skip protein bars unless absolutely necessary. The protein is cooked at a high temperature and this distorts the integrity of the protein. This means you won't absorb all 20g of it, plus you need at least 30g to elicit protein synthesis. Instead, blend up a protein shake with quality ingredients with a minimum of 35g of protein powder.



MUSCLE ACTIVATION

Heh? Okay, so your body doesn't know how many pounds you are lifting, it only knows time under tension. So the harder you contract, the more muscle fibers you will activate, and the more muscle you will grow.

Things like CrossFit, bootcamps, and group fitness training make it difficult to see results because you are moving so fast that your muscle isn't being contracted very hard.

Instead, you need to slow down, squeeze from the targeted muscle, and contract as hard as you can.

BABE-TIP:

Focus on the maximum muscle contraction. Meaning play with the tempo of your reps, squeezing the targeted muscle hard, lowering the weight slowly, adding in pause reps, and integrating drop sets for more volume.



FORM FIRST

Boringgg, but this shit works. When your movement is dysfunctional and inefficient, layering reps on top of that is just a waste of time.

Quality movement patterns triumph hours of inefficient exercise.

Learning how to tuck your pelvis, retract & depress your shoulder blades, externally rotate your shoulders, and push your knees out is **ESSENTIAL** to refine your muscle gain.

Don't skimp on the technical parts. Your body will pay for it and your results will be hindered.

Think about the muscle you are working, isolate it, squeeze it, and slow down.

BABE-TIP:

My Body Type Programs have movement pattern videos to learn how to move effectively.



QUALITY PROTEIN

Protein synthesis is the process in which cells make protein aka what you need to build muscle.

So, how do we trigger it?

You need to eat a minimum of 30g of protein per meal to elicit protein synthesis.

Don't just eat two eggs and call it a day. You actually need to surpass a threshold of 2.5g of leucine (an amino acid) to elicit protein synthesis. You get 2.5g of leucine after you've ingested at least 30g of amino acid rich protein.

BABE-TIP:

Quality protein matters because amino acids matter. Egg whites and plant-based foods are low in amino acids. Opt for chicken, 1-2 whole eggs with egg whites & turkey bacon, lean red meat, and quality protein powder. If you are plant-based, supplement with a quality BCAA powder to ensure you are getting 2.5g of leucine multiple times a day.



LIFT SMART, LIFT HEAVY

Once you've done the previous 4 steps, you are ready to challenge your body with heavier weight.

We're talking heavy compound lifts — Box squats, sumo deadlifts, stiff leg deadlifts, step back lunges, bench press, rows, presses, pull-ups, and more!

Then, we spice it up with hypertrophy training for more blood flow aka isolation exercises — glute bridges, back extensions, cable crunches, hamstring curls, leg extensions, leg press, lateral/front raises, bicep curls, tricep extensions, flies, and more!

BABE-TIP:

Start your workout with a 3-5 RM of a compound lift to elicit more testosterone and build strength. Then, follow with 4-8 exercises of secondary and isolation exercises to activate more muscle fibers, increase blood flow, and get a massive pump.



GET ALL THE ANSWERS

There's a few reasons why these 5 steps work:

- + 1. Quality movement wins — **#form**
- + 2. Nutrition science wins — **#hormones**
- + 3. Intentional effort wins — **#effective**

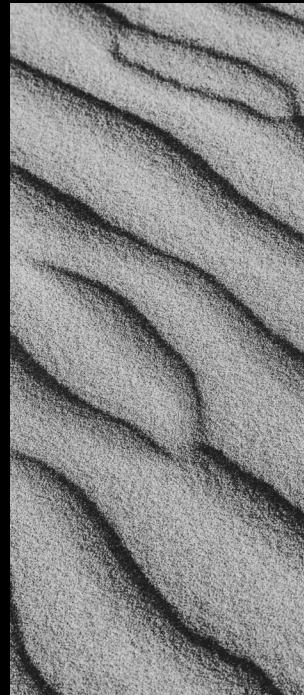
Whew, a lot and a little overwhelming. So that's why I created The Body Type Programs.

A program based off of these 5 scientific steps and much more. Clear, concise, and perfectly dialed in to your goal body.

We're talking —

- **A Complete 6-Week Training Program to Build Muscle & Strength**
- **MoMo's Movement Tips on Every Exercise**
- **Movement Pattern Videos to Learn How to Lift Correctly**
- **Flexible Meal Plans to Build More Muscle With Minimal Fat**
- **My Top 7 Natural Powdered Supplements to Build Muscle Faster**
- **My Muscle Building Recipes I Have Everyday...Literally Everyday**
- **How To Optimize Your Gut Health & Energy**

Choose your Body Type Program to start today.



CHOOSE IDEAL BODY

...Yes, actually click to choose your ideal body type.



**“POWER CREATES IMPACT.
BECOME POWERFUL.
NO QUESTIONS ASKED.”**

COACH MOMO

