

MOMO [MUSCLE]

THE CHEST CHEAT CODE.



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REAL TALK

Pecs. B00bs. Chest fat. It is what it is. Some of us don't mind it, some of us, well — hate it.

Changing the way your chest looks isn't just about training hard. It's about training smarter — with the right angles, tempo, and muscle intent. It's about knowing how your body stores fat, how your hormones behave, and how your nutrition either works with you or against you.

Some of us go the top surgery route, and I get it. It would make wearing tees a lot easier.

So whether you're going **the au naturale route** or trying to create juicy pecs, you're in the right place.



FROM SOFT TO BUILT



Spot reduction won't work.

Becoming leaner overall will.

When you learn proper mechanics of your shoulder blades, the purpose of your training and the power of your food, life becomes easier.

When I began training for [muscle] I:

- Dropped a cup size lol
- Gained 2 inches on my shoulders
- Finally saw vascularity in my arms
- Started

Now I teach people like me, how to do the same.

This isn't just a chest workout.

This will help you learn more about your body, so you can feel more — YOU.

CHEST MYTHS

FACT OR FICTION

There's a lot of noise out there. And if you've trained for years and still feel like your chest isn't changing the way you want it to—these myths might be part of the reason.

Let's break down the ones that get thrown around way too often:

"YOU CAN SPOT REDUCE CHEST FAT WITH WORKOUTS."

False. You burn fat systemically. But training right does change how your chest sits.

"I'VE ALWAYS HAD BIG BOOBS, I CAN'T EVER GET RID OF THEM"

Yellow light. Well, genetics can play a role, but I like to focus on what we can control. That is body fat through regulating hormones, improving mechanics and gut health.

"JUST BENCH MORE."

Lame advice since 67% of people's bench press encourages bad posture. More bench ≠ less fat. It's all about mechanics rather than brute force. Learning to retract + protract your shoulder blades will get you a lot leaner than just throwing weight on the bar.

"TESTOSTERONE DOESN'T MATTER."

False. Increasing your testosterone naturally with higher protein, quality herbs/adaptogens, better sleep, avoid chemicals that can disrupt hormones, and support detoxification pathways. Supporting your hormones will literally change your life. Go get them tested, go optimize them.

TOP 5 CHEST SHAPERS

Check out this reel [here](#). It's less about doing push ups, more about doing it right. Here are my top 5 chest sculpting exercises. Slow down and focus on form.

Do these consistently [at least twice a week] and squeeze ever fiber in your upper body.



CHEST FLYS

Isolate the chest for confident posture and a striated chest

- Keep a slight bend in your elbows, open wide, then squeeze like you're hugging a barrel.
- Full range > heavy weight.

CUES

- Proud Chest
- Sternum Up
- Externally Rotate
- Squeeze from Your Chest

SHOULDER PRESS

You're only as good as your weakest arm. Unilateral pressing to develop strong pecs, shoulders, and triceps.

- Tuck your elbows 45°, lower slow (3 sec)
- Squeeze from your chest—not just our shoulders.

Pro-tip: keep forearms vertical.

CUES

- Proud Chest
- Look Up
- Slow + Controlled





BENCH PRESS

Mass builder: load x volume + form = that sauce.

- Pull your shoulder blades back and down before lowering the bar.
- Squeeze your lats as you drive up
- Push that bar up with a proud chest

CUES

- Proud Chest
- Right Triangle
- Bar Below the Sports Bra

PUSH UP+

Improve chest control, scapular mobility, and endurance without equipment Oh and abs #AbsinEverything.

- At the top, actively push further to engage the serratus.
- Keep your core tight. No sagging hips.

Pro-Tip: Exaggerate the shoulder blade movement

CUES

- Plank Position
- Feet Together
- Elbows 45° from Body



WEIGHTED PUSH UP

Expand the ribcage and build the upper chest + lats for a more sculpted torso.

- Lower the dumbbell behind your head with control.
- Stretch long then pull back over your chest without rushing.

BOOST YOUR TESTOSTERONE

I love lifting—and I love eating. Optimize your workouts. Optimize your nutrition. Optimize your habits.

These are the next level of blueprint to build off of...because hormones, gut health + lymphatic systems matter. Your body composition will thank you.

+ PROTEIN

Eat 30g+ protein per meal. You need at least 2.5g leucine to elicit protein synthesis, you'll want that to look more ripped.

+ INSULIN

Stop snacking, stick to whole meals and add in fiber + protein to keep your treats manageable.

+ SLEEP

8-9 you princess, you. Recovery = hormonal reset.

+ ADAPTOGENS

Huge fan. Ashwagandha, maca, and magnesium help manage stress + support T. I've supplemented with herbal roots for years now and I love... The key here is quality.

+ WATCH THE INFLAMMATION

Try a break from dairy, gluten, and alcohol...yes, easier said than done. There's a lot of ways to do this, but my favorite is finding recipes that *actually* taste good.

+ AVOID ENDOCRINE DISRUPTORS

Limit your use of plastics, seed oils, and scented body products...I like to smell good, but these ingredient lists can irritate your skin and clog up your lymph system.



MOMO[MUSCLE] PANCAKES.
→ [GET THE RECIPE HERE.](#)

GO BEYOND YOUR CHEST

If this helped you understand your chest better in 5 minutes, imagine what happens when you follow the full system for 6 weeks.

I spent two years building programs that have changed how people look + feel.

These two tools change that:

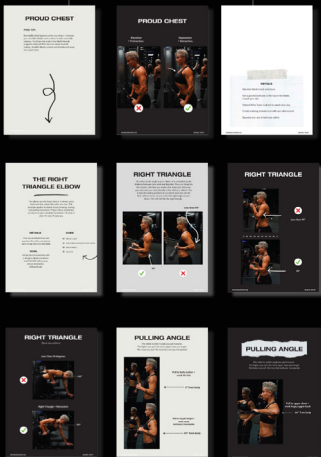
The Fighter Program

You might think, “But I’ve tried programs before—and none of them worked for my body.”

Same. That’s why I built this. Fighter isn’t about burning out or shrinking yourself. It’s about training in a way that respects your structure, regulates your hormones, and actually creates visible change—especially up top.



GET THE FIGHTER



Perfect Form

This is a dense read. BUT—results lie in learning, not guessing. It’s a deep dive into form, tempo, and muscle intent—so you can finally train in a way that reshapes your body.

GET PERFECT FORM

“STRENGTH ISN'T
LOUD. IT JUST
GETS SH*T DONE.”

COACH MOMO

