

ZKK

BREAKING THROUGH THE IRON WALL

SHOCK YOUR **CHEST**
INTO **GROWTH!**



NOT FOR YOU IF YOU'RE A SPOON-FED SNOWFLAKE

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WHO THIS EBOOK IS FOR?

Spoiler: Not You If You're a Spoon-fed Snowflake

This isn't for the TikTok tap-dancers, pump-chasers, or the "chest on Mondays, arms on Tuesdays, excuses every other day" brigade.

If you think your pecs will grow because you did a few pec deck squeezes while filming yourself lip-syncing — close this eBook, delete your gym membership, and go do Pilates with your mum.



THIS IS FOR THE ONES WHO ARE:

- **Sick of walking around with nipples closer together than your pecs.**

You want pecs that cast a f*cking shadow, not ones that disappear when you raise your arms.

- **Done wasting time on Instagram gurus who haven't built a chest since puberty.**

You don't need 47 variations of cable crossovers. You need direction, structure, and pain that pays rent in your upper torso.

- **Tired of 'pumps' that deflate faster than your ego when the lighting's off.**

You want striations, upper chest mass, separation, and the kind of density that makes people wonder if you've got armor under your skin.

- **Ready to stop faffing about and start tracking, progressing, and growing.**

This isn't about feel-good reps. This is about calculated violence and results you can log and flex.

Whether you're:

- A newbie who's realised "bro-splits" aren't working and wants to train smart from day one
- Or a seasoned lifter stuck in a rut, watching your chest gains flatline harder than your ex's personality...

This is your fix. This is your no-BS, results-only roadmap to slabs, striations, and growth you can feel in your f*cking sleep.

But let me be clear: If you want:

- Fancy filter-friendly workouts
- A smiley coach telling you to "just feel the burn"
- Or a feel-good plan that's all pump, no purpose...

Then kindly piss off to your favourite influencer doing kneeling cable crossovers on a Bosu ball while sipping a pink amino drink. This book isn't for you, princess.

ZKK BRUTAL TRUTHS

**No Fluff. No Mercy. Just Facts That Hurt
More Than DOMS.**



✗ “Can I swap incline press for push-ups?”

ZKK: You can also swap steak for lettuce — doesn't mean it'll build slabs. This ain't P.E. class. Stop being soft and start lifting like you mean it.

✗ “Do I have to train to failure?”

ZKK: No. Only if you enjoy wasting time, oxygen, and the gym membership your mum probably pays for. You're not there to tick boxes — you're there to break your limits.

✗ “How many reps should I do?”

ZKK: Enough to make the set feel like a religious experience. If you're stopping because the number's up and not because your pecs are screaming in Latin — you're wasting reps, and nobody's clapping.

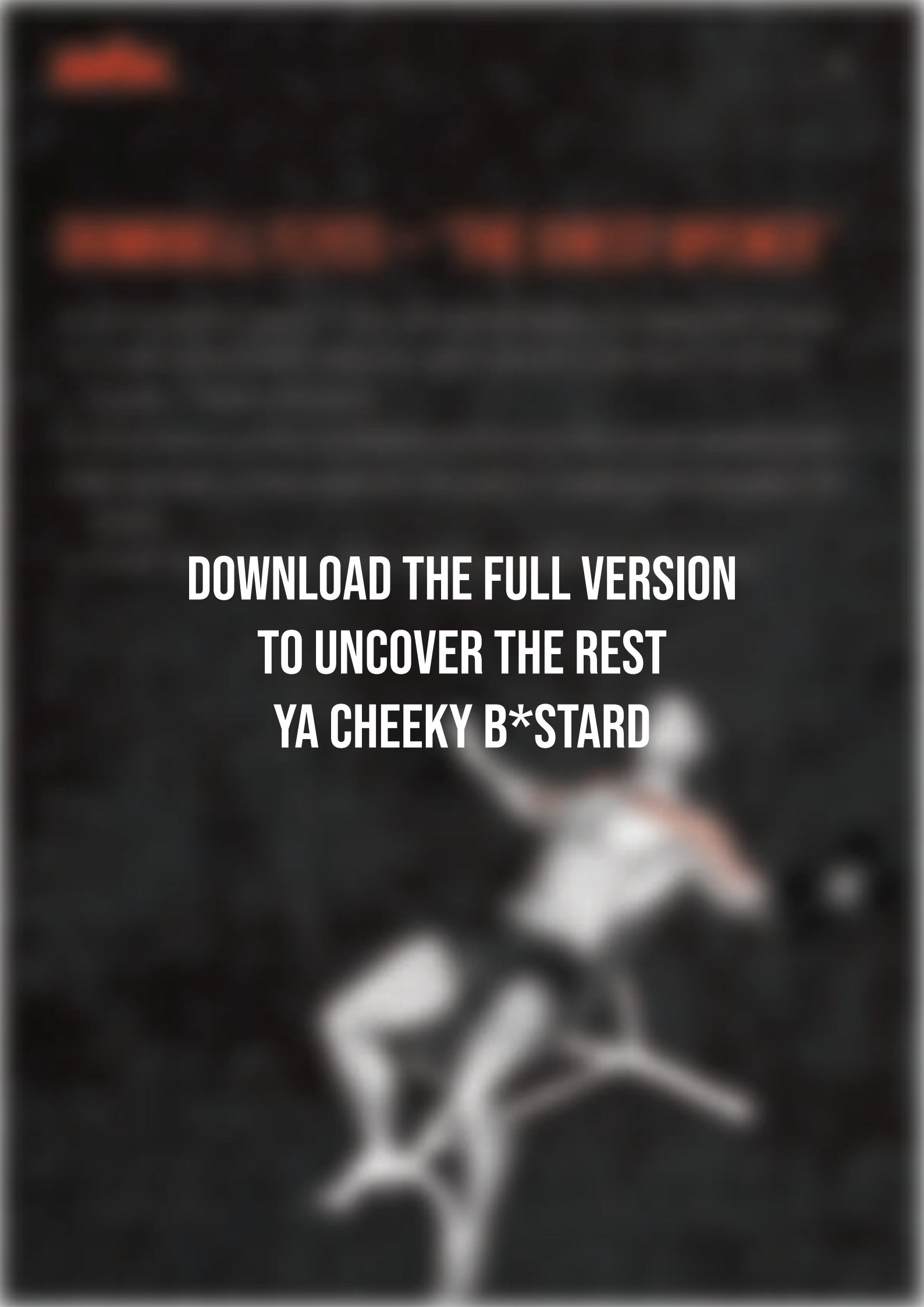
✗ “Can I grow my chest without pressing?”

ZKK: Sure. And you can grow abs while sitting on the couch too — just Photoshop them. Real lifters press heavy, press often, and press till the bar's got a restraining order.

WELCOME TO THE FAMILY

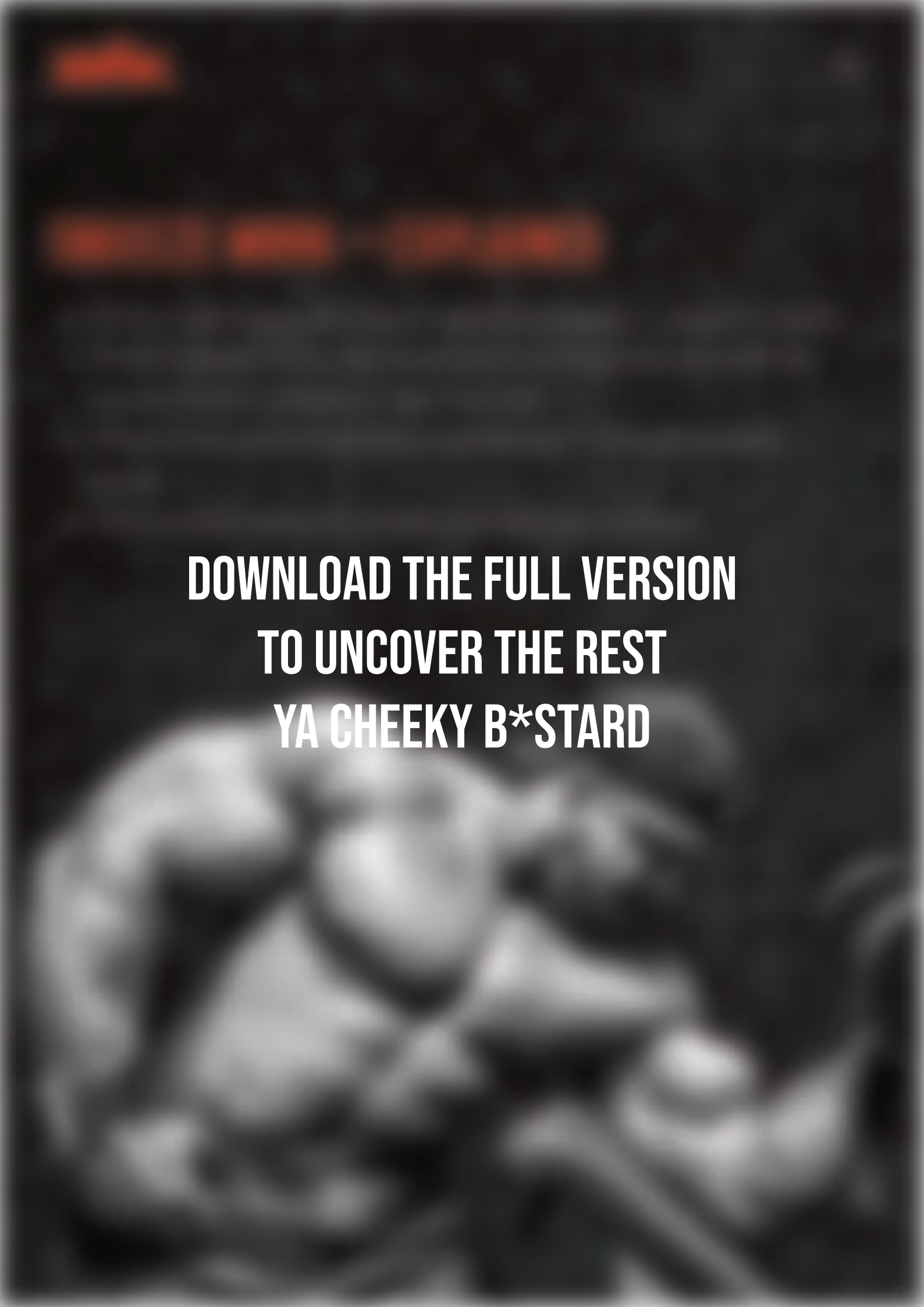
Movements That Earn Their Place in the
Slab-Building Brotherhood





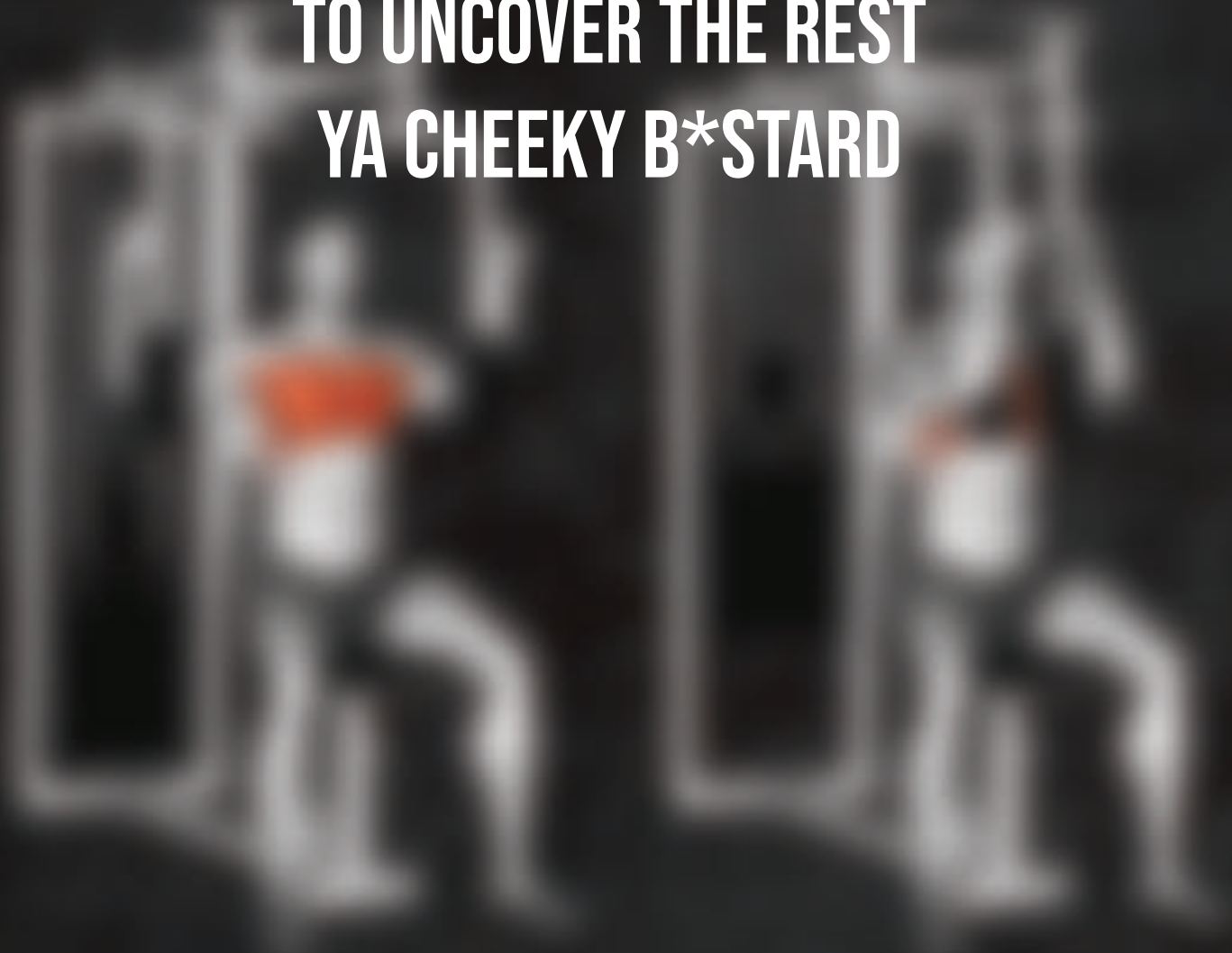
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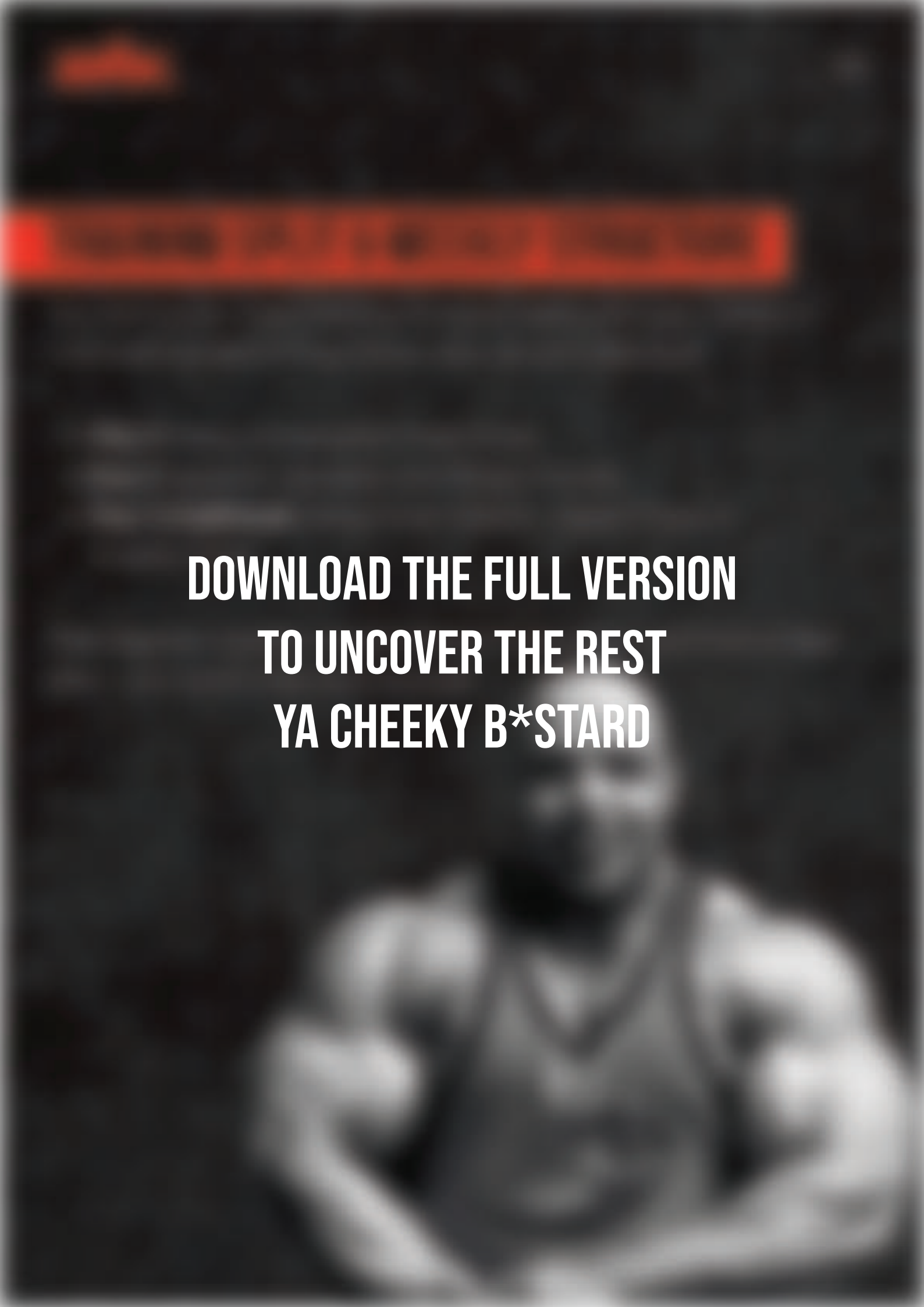


**CHEST TRAINING
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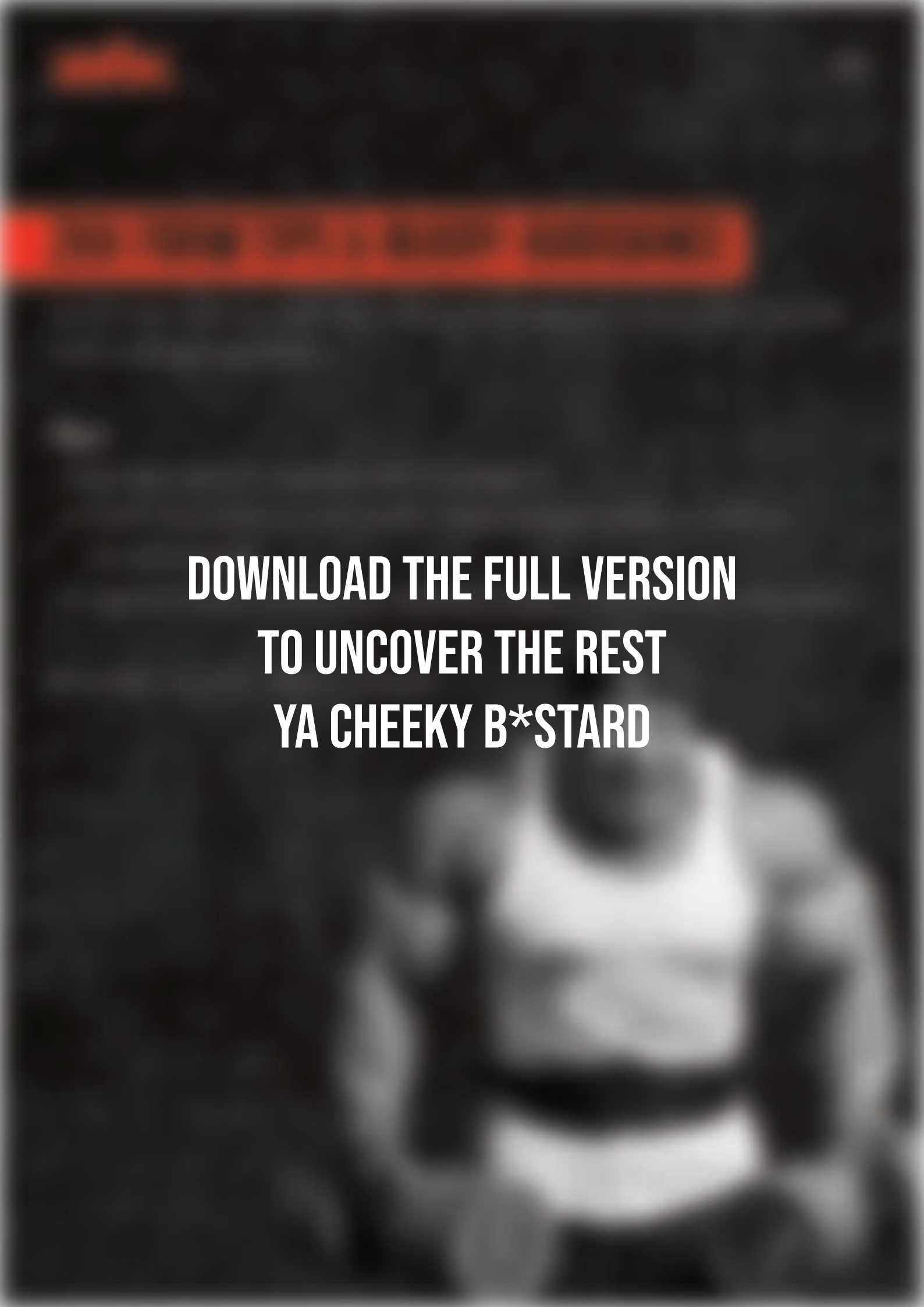
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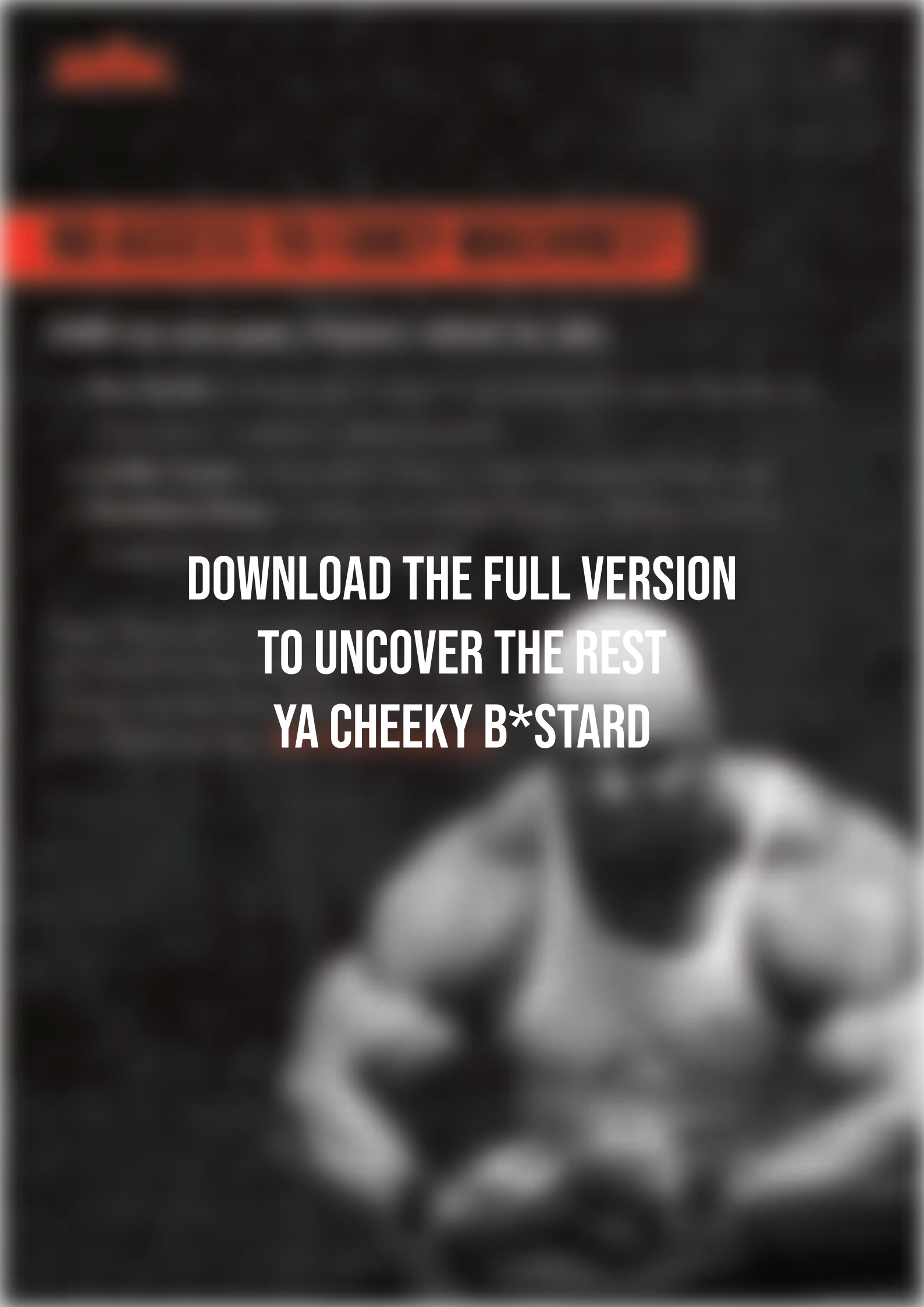
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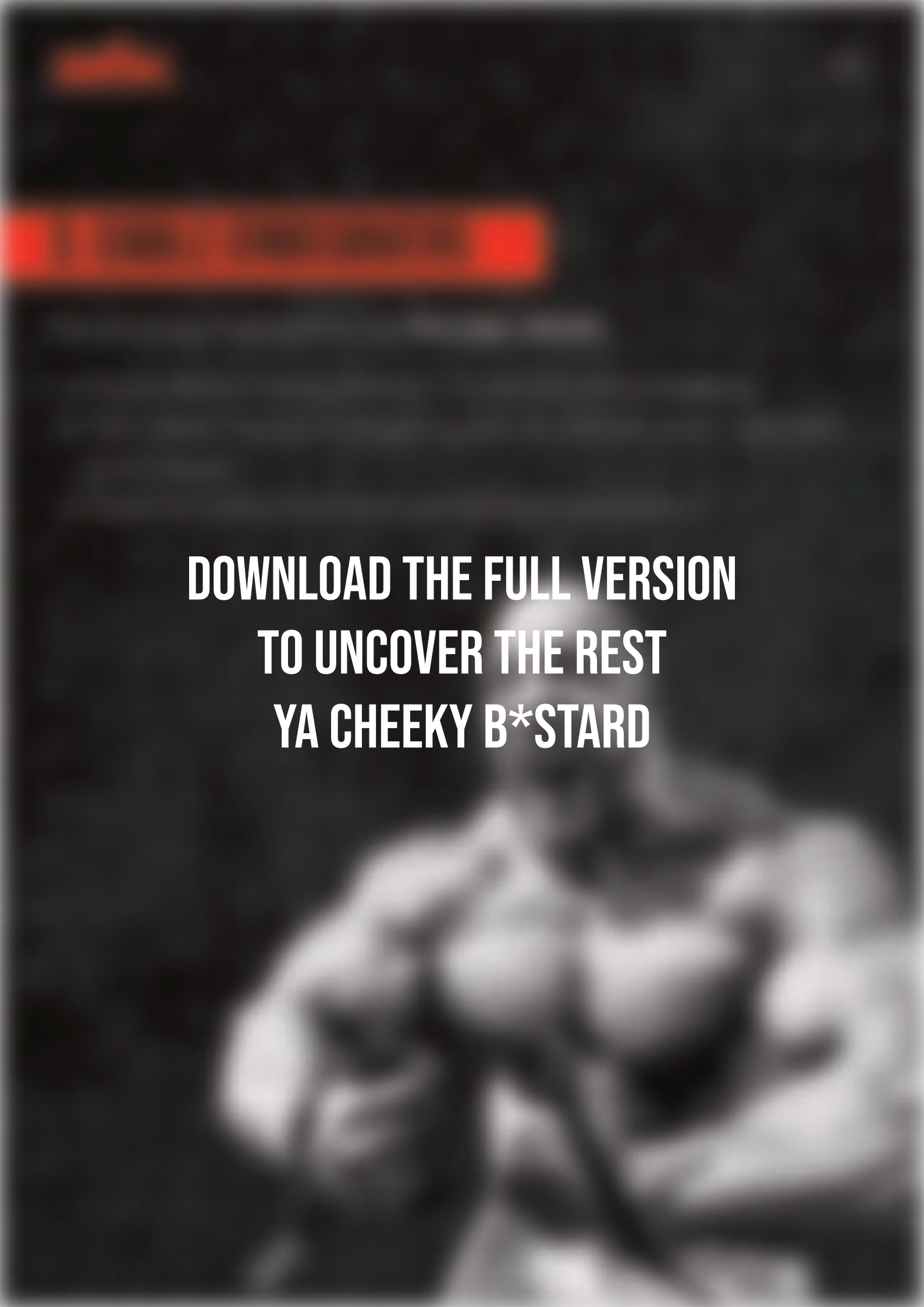


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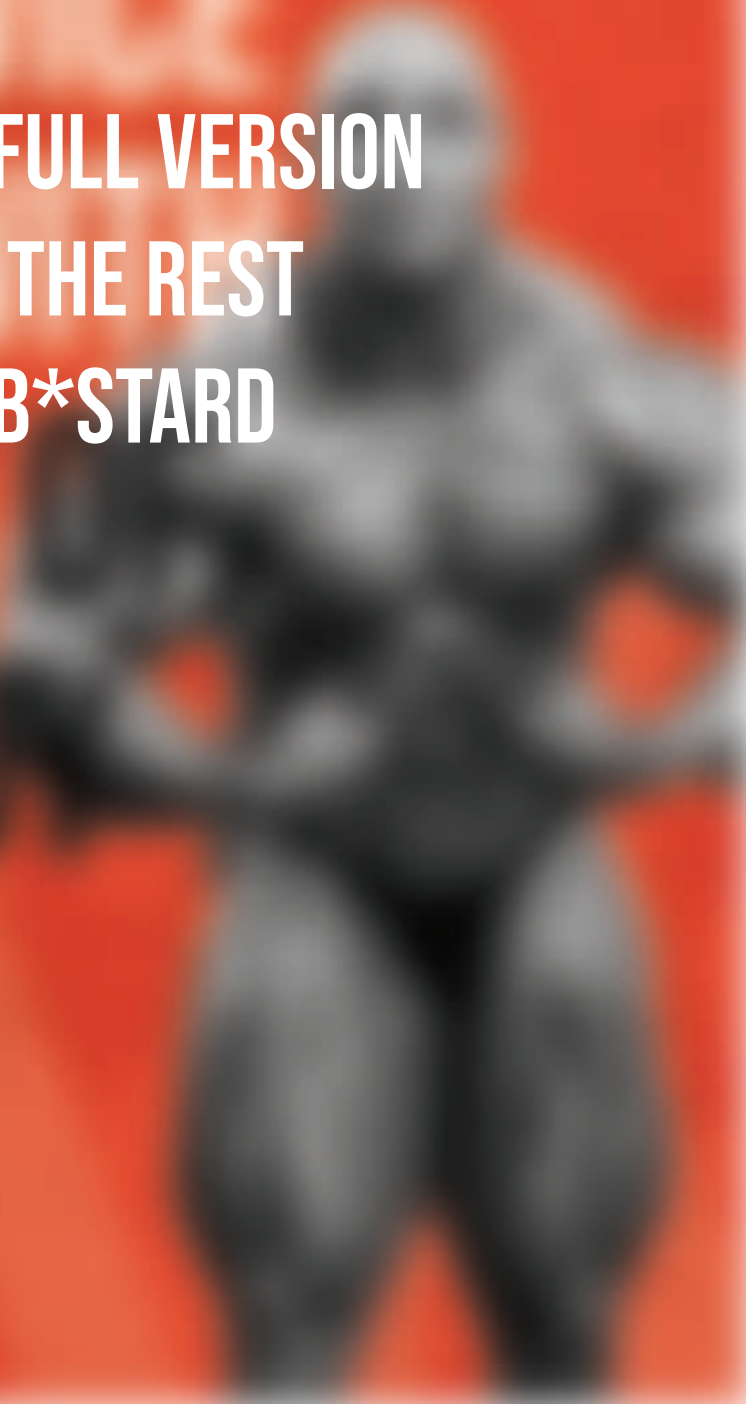


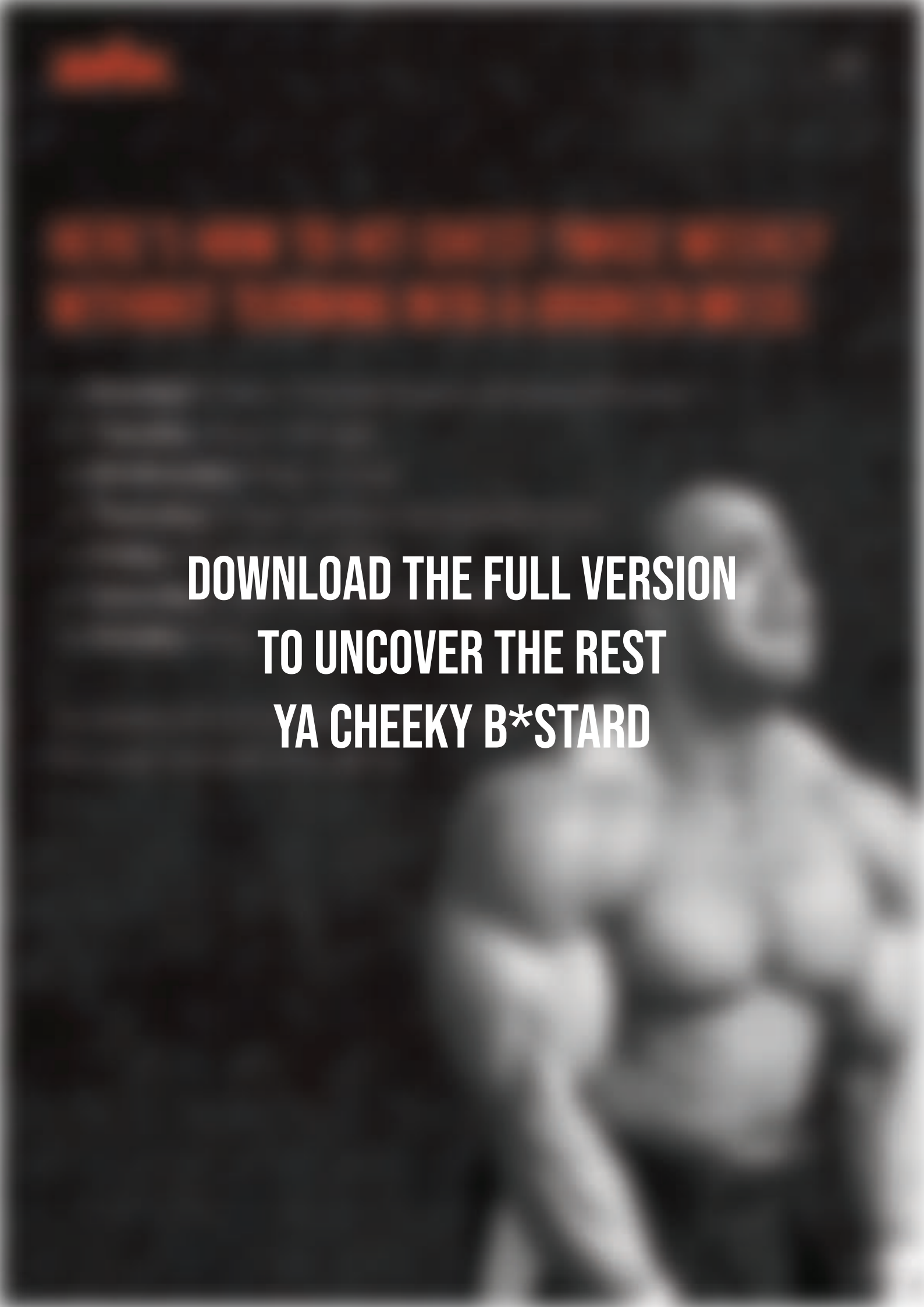
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STRUCTURING
CHEST TWICE

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THE BEST
YOUR BODY

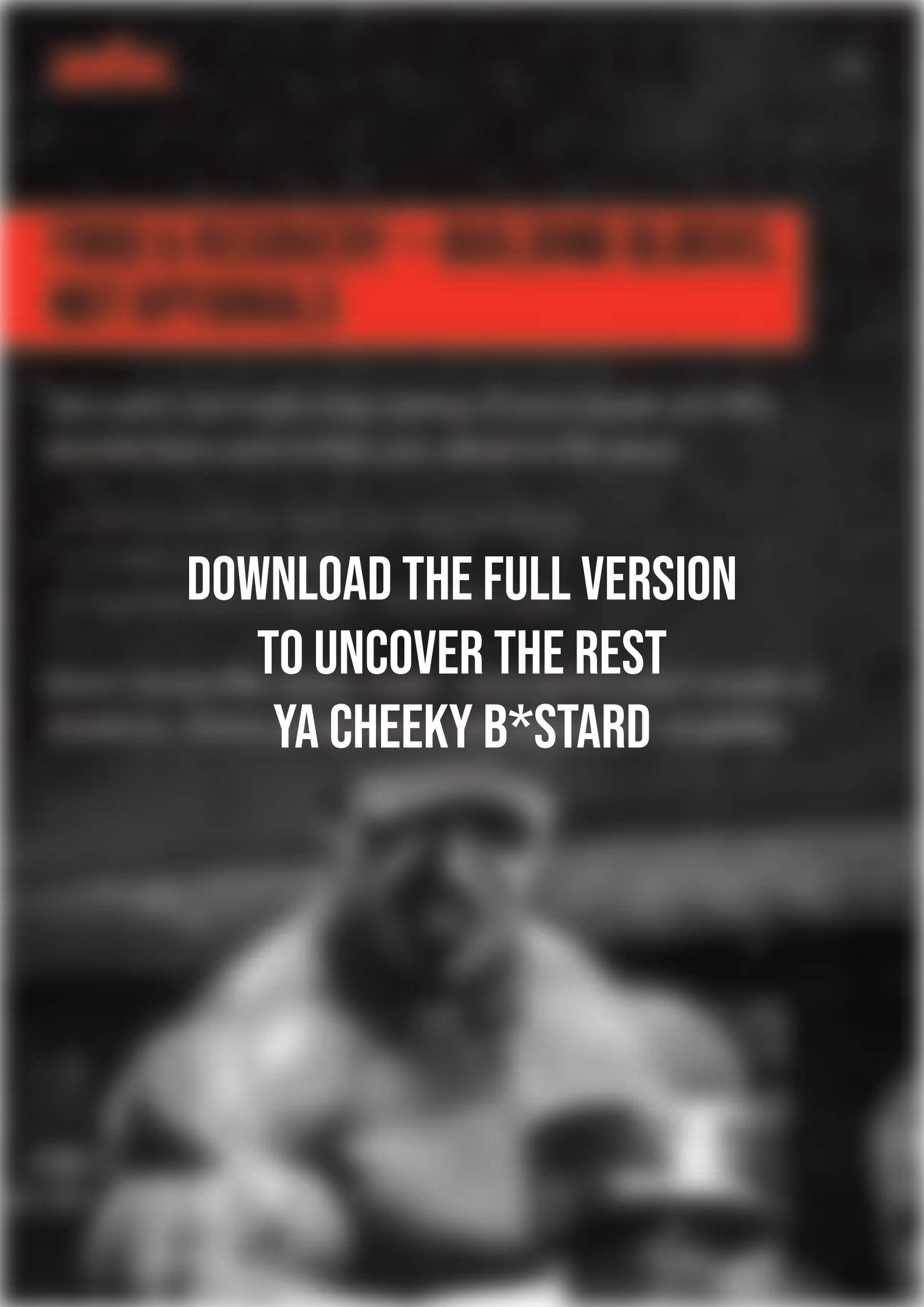




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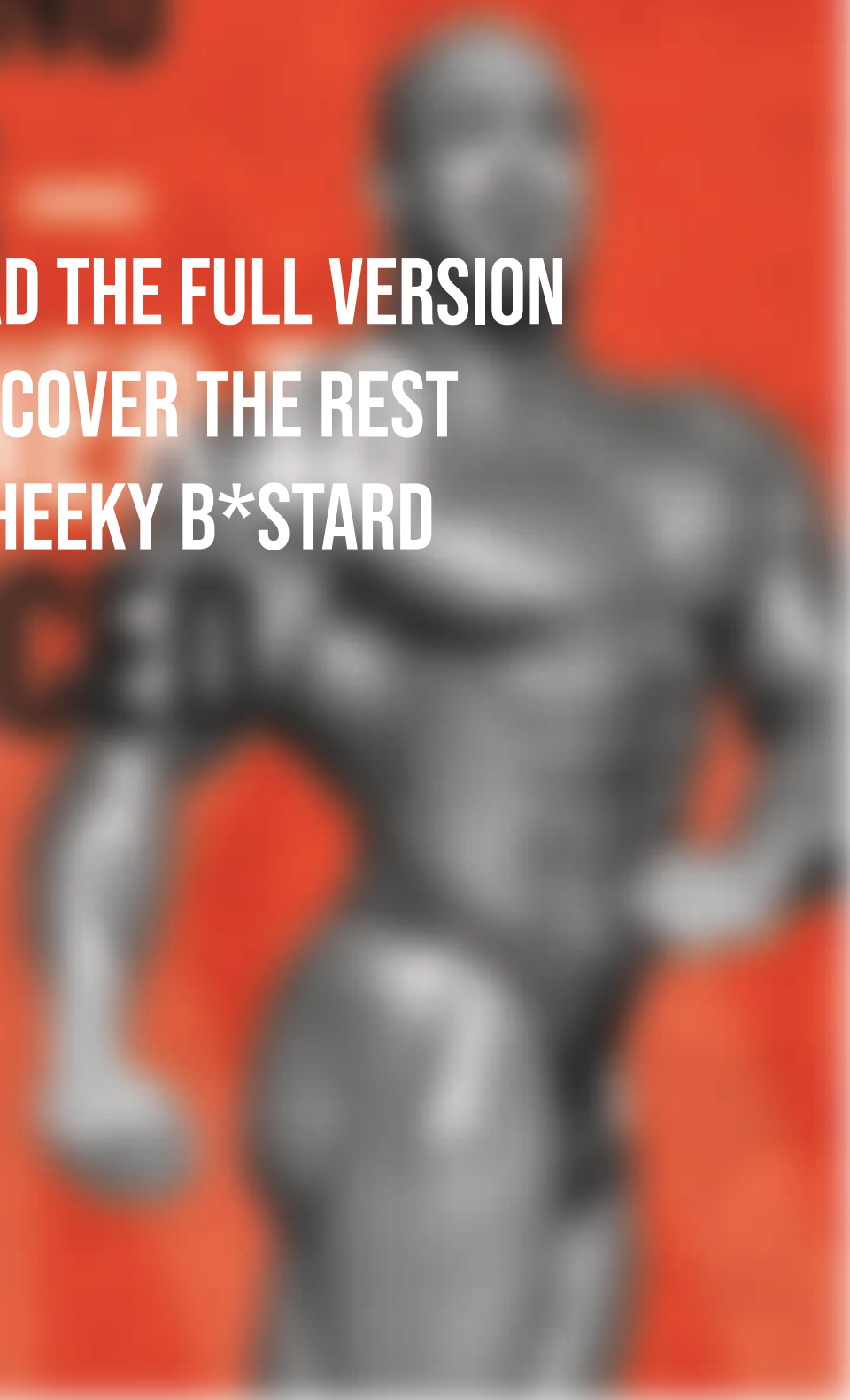


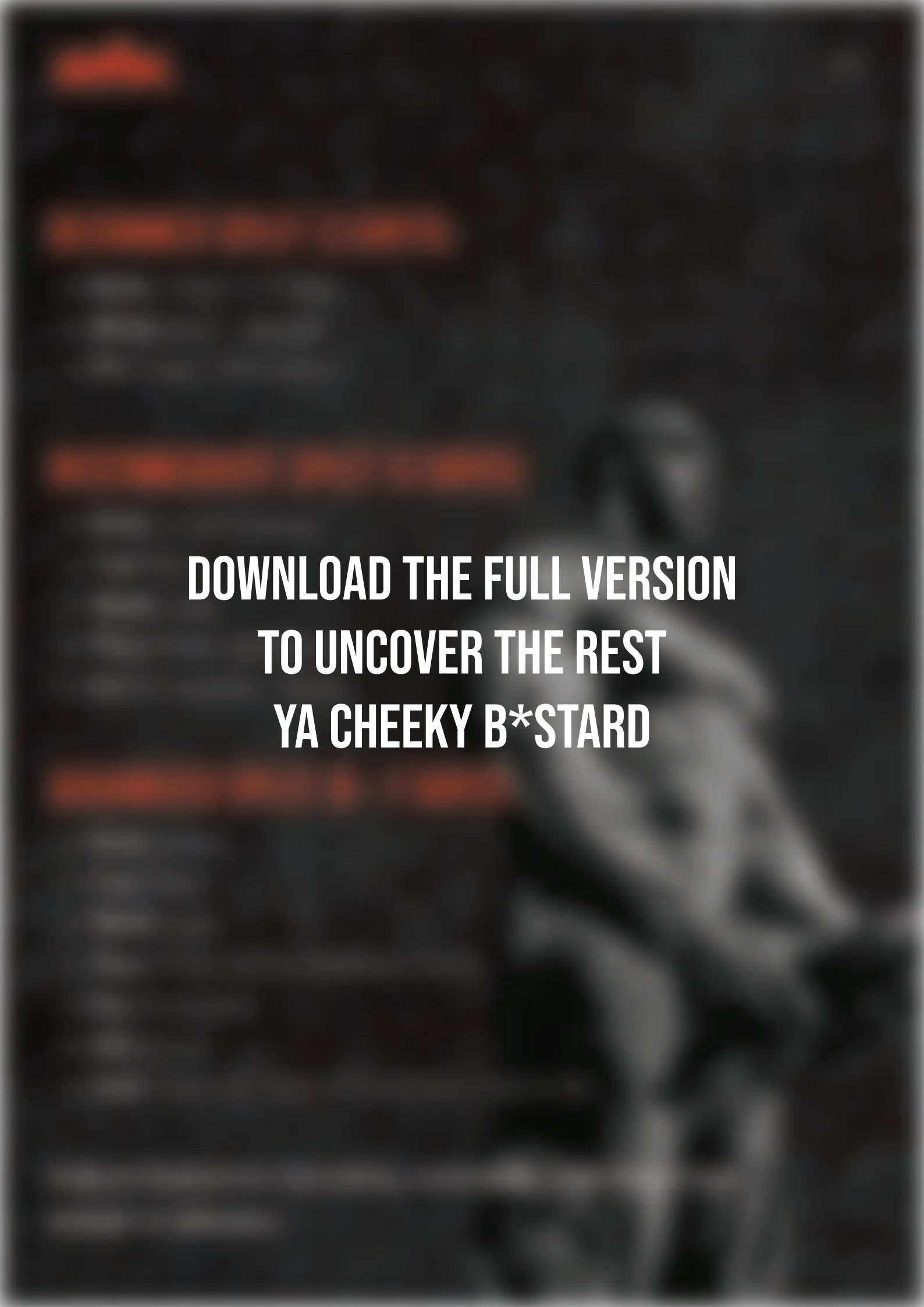


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