



Strong Coaching

PUSH • PULL • LEGS

FREE 3-DAY TRAINING GUIDE

Simple structure. Focused sessions. No wasted time.

Built for busy men who want to train with purpose and make progress.

RIG

Strong Coaching

PUSH

ORDER	EXERCISE	SETS	REPS
1	Dumbbell Side Raise	2	12-15
2	Cable Fly	3	12-15
3	Incline Dumbbell Press	2	8-10
4	Machine Chest Press	2	8-10
5	Machine Shoulder Press	2	8-10
6	Machine Side Raise	2	8-10
7	Cable Cross Body Pushdown	3	12-15
8	Skull Crushers	2	8-10

Track your reps, control each movement and aim to progress over time.

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PULL

ORDER	EXERCISE	SETS	REPS
1	Cable Lat Pulldown	3	10-12
2	Chest Supported T-Bar Row	2	10-12
3	Single Arm Machine Row	2	10-12
4	Cable Row	2	10-12
5	Reverse Cable Fly	3	12-15
6	Preacher Curl	3	12-15
7	Hammer Curls	2	10-12

Track your reps, control each movement and aim to progress over time.

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LEGS

ORDER	EXERCISE	SETS	REPS
1	Calf Raise	3	15–20
2	Seated Hamstring Curl	2	10–12
3	Adductor Machine	2	10–12
4	Leg Extension	2	12–15
5	Hack Squat	2	8–10
6	Leg Press	2	8–10
7	Cable Crunch	3	12–15

Track your reps, control each movement and aim to progress over time.