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THE 3-DAY STACK.

- 1 Three sessions on paper. Day A and Day B are the two that matter most.
- 2 Day C is a bonus. When the week gets busy, it is the first one to drop.
- 3 If you miss Day C, the plan still works. It was written around Day A and Day B.
- 4 Page 2 has the sets, reps and rest for all three days.

THE THREE SESSIONS.

DAY A . MAIN DAY

Squat or hinge	4 x 5-8, rest 3-5 min
Push	3 x 8-10, rest 2-3 min
Pull	3 x 8-10, rest 2-3 min
Accessory or core	2 x 12-15, rest 60-90 sec

DAY B . MAIN DAY

Hinge or squat (swap order)	4 x 5-8, rest 3-5 min
Push (different angle)	3 x 8-10, rest 2-3 min
Pull (different angle)	3 x 8-10, rest 2-3 min
Accessory or core	2 x 12-15, rest 60-90 sec

DAY C . BONUS

Squat or hinge, lighter	3 x 10-12, rest 2-3 min
Push	3 x 10-12, rest 90 sec to 2 min
Pull	3 x 10-12, rest 90 sec to 2 min
Accessory or core	2 x 15, rest 60 sec

THE DAY C RULE

Day C uses lighter loads and higher reps than Day A and Day B. It adds extra volume without taking energy from the two main days. Skip this one first in a busy week.

BOOK A FREE CALL

If you would like to talk through your training, I offer a free 20 minute call on Google Meet. Calls run on Wednesday and Thursday mornings, Malaysia time, and slots are booked at least a week ahead.

18

Years of coaching

5.0

Rating across 35 Google reviews

BANGSAR

In person at Jalan Telawi 3, or remote

BOOK YOUR FREE CALL →

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You can also DM CONSULT to [@coachlukelango](https://www.instagram.com/coachlukelango)