

PUSH_your guns



An educational
introductory 3 month
Physique training
program

PUSH

[THE RIGHT BUTTON]

PUSH_Training Systems

The unique **PUSH_Your Guns** program is designed specifically to help you to add lean muscle mass to your body. Here you will learn how to create the physique that you deserve.

PUSH_Your Guns includes:

COACHING

To get the best results requires the best planning. Your coach will motivate you to continually reach new personal bests, ensuring that strength and gains are met.

BODY ASSESSMENT

A full body assessment, including body fat percentage, girth, size and current strength, will set targets to measure your progress.

NUTRITION

80% of physique transformations are due to appropriate nutrition and our approach will focus on two 6 week sets of guidelines to ensure your body is fuelled correctly.

Understand that healthy eating habits are for life.

PUSH_TRAINING

You will learn how to create a powerful physique with a periodised program that will continually overload your muscles in order to “PUSH_Your Guns”. You will use 3 of the PUSH_Training phases including functional strength, strength stability and hypertrophy to reach best results.

PUSH_THE RIGHT BUTTON and
“Live Your Best Life”

