

The 12-Week Program

Lead Strong coaching with Scott Yuen

Build a routine that supports the life you want to lead.

The focus

A 12-week coaching program centered on movement, nutrition, recovery, and personal accountability. The goal is to build a more consistent way of caring for yourself while staying committed to the responsibilities and people that matter to you.

What you will work on

Clarify your goals and the habits getting in your way. Develop a practical approach to training, eating, and recovery, then connect those choices to your leadership and daily performance. Work toward consistency that can continue beyond the program.

Who it is for

Executives, founders, sales professionals, and veterans who want more structure around their health and personal performance. It is for people ready to put the basics into practice, whether they are rebuilding a routine or strengthening one they already have.

Why work with Scott

Scott combines 30 years of sales experience with more than 20 years of competitive bodybuilding. His approach brings an understanding of demanding professional goals together with the daily discipline of training, nutrition, and recovery.

Ready to talk about your next 12 weeks?

Connect with Scott Yuen through the Lead Strong listing on STAAJ Veterans.