



Disclaimer, Liability Waiver, and Health Advisory

The workouts, exercises, and recommendations provided by PEAK Physique Coaching LLC are intended for general informational and educational purposes only. They are **not a substitute** for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider before beginning any new exercise program.

Do not disregard or delay professional medical advice because of something you have read or received from PEAK Physique Coaching LLC.

Participation in any physical activity carries inherent risks, including but not limited to injury, illness, or death.

Health Advisory

Before engaging in this workout program, you should:

Consult with your physician to ensure you are healthy enough for physical activity.

Disclose any pre-existing medical conditions, injuries, or limitations to your healthcare provider.

Immediately stop any exercise that causes pain, dizziness, shortness of breath, or discomfort beyond normal exertion and seek medical advice.

Your participation is **voluntary**, and you assume **all risks** associated with physical activity.

Liability Waiver and Release

By participating in this program, you:

Acknowledge and accept all risks of injury, illness, or death that may arise from exercise activities.

Release, waive, and discharge PEAK Physique Coaching LLC, its owners, officers, employees, contractors, affiliates, and agents from any and all liability, claims, demands, or causes of action arising from participation in the program.

Agree not to sue PEAK Physique Coaching LLC for any injury, loss, or damage sustained while participating, whether caused by negligence or otherwise.

Assumption of Risk

You acknowledge that:

Physical exercise involves certain inherent risks.

Risks include, but are not limited to: muscle strain, heart attack, dehydration, falls, and other injuries.

You voluntarily choose to participate and accept full responsibility for any resulting injuries or damages.

Indemnification

You agree to indemnify and hold harmless PEAK Physique Coaching LLC from any claims, damages, losses, or expenses, including legal fees, arising from your participation in the workout program.

Severability

If any provision of this agreement is found to be invalid or unenforceable, the remaining provisions will continue in full force and effect.

Acknowledgment of Understanding

By participating in any workout program provided by PEAK Physique Coaching LLC, you confirm that:

- You have read this Disclaimer and Waiver in full.
- You fully understand its terms.
- You are voluntarily giving up substantial legal rights, including the right to sue.
- You are participating voluntarily and at your own risk.



Complete Advanced Hypertrophy Training Program

Weekly High-Volume Workout Program (6 Days)

Day 1 – Monday: Delts & Arms (Overload Focus)

- Seated Overhead DB Press – 4 sets | 6–10 reps | RPE 8
- Machine Lateral Raise – 3 sets | 15–20 reps | RPE 9
- Cable Lateral Raise (1-arm, leaning) – 3 sets | 12–15 reps | RPE 9
- Reverse Pec Deck – 4 sets | 15–20 reps | RPE 8
- Overhead Triceps Rope Extension – 3 sets | 12–15 reps | RPE 8
- Cable Bar Curl (21s Method) – 3 sets | RPE 9
- Optional: Side Plank DB Lateral Raise Superset – 2 sets | 20+ reps | RPE 10

Day 2 – Tuesday: Back Width + Upper Chest

- Weighted Pull-ups – 5 sets | 6–10 reps | RPE 8
- Lat Pulldown (Supinated Grip) – 4 sets | 10–12 reps | RPE 9
- Straight Arm Pulldown (Cable) – 4 sets | 12–15 reps | RPE 9
- Incline DB Press (LLP 4th Set) – 4 sets | 8–12 reps | RPE 8
- Incline Machine Press – 4 sets | 10–15 reps | RPE 9
- Low-to-High Cable Fly – 3 sets | 15–20 reps | RPE 9

Day 3 – Wednesday: Back Thickness + Lower Chest

- Chest-Supported T-Bar Row – 4 sets | 8–10 reps | RPE 9
- Pendlay Row – 3 sets | 6–8 reps | RPE 8
- Meadows Row – 3 sets | 10–12 reps | RPE 9
- Decline DB Press – 4 sets | 8–12 reps | RPE 8
- Decline Cable Fly (Stretch Emphasis) – 3 sets | 15–20 reps | RPE 9
- Dumbbell Pullover (Chest-biased) – 2 sets | 12–15 reps | RPE 9
- Machine Crunch Superset Cable Side Bends – 3 sets each | RPE 9

Day 4 – Thursday: High-Rep Delts + Arms (Pump Focus)

- Smith Machine Overhead Press – 4 sets | 10–12 reps | RPE 9
- DB Lateral Raise (drop sets) – 3 sets | 15–30 reps | RPE 10
- Cable Rear Delt Cross – 4 sets | 15–20 reps | RPE 9
- Incline DB Curls – 4 sets | 10–12 reps | RPE 9
- Cable Rope Hammer Curl + Superset Overhead Rope Triceps – 3 sets | RPE 9
- Skullcrushers (EZ Bar) – 3 sets | 8–10 reps | RPE 8

Day 5 – Friday: Posterior Chain + Lats

- Romanian Deadlifts – 4 sets | 6–10 reps | RPE 8
- Wide Grip Cable Row (Stretch Emphasis) – 4 sets | 12–15 reps | RPE 9
- Weighted Hyperextensions – 3 sets | 15 reps | RPE 9
- Close Grip Neutral Pulldown – 3 sets | 10–12 reps | RPE 9
- Straight Arm Pulldown (Shortened Hold) – 3 sets | 12–15 reps | RPE 10



- Leg Raise Superset Ab Wheel – 3 sets each | RPE 8–9

Day 6 – Saturday: Chest & Shoulders Superset Domination

- Incline Smith Press – 4 sets | 6–10 reps | RPE 8
- Flat DB Press (LLP 4th set) – 4 sets | 8–12 reps | RPE 9
- Cable Crossovers – 4 sets | 12–15 reps | RPE 9
- Lateral Raise Superset Machine Press – 3 sets | 12–15 reps | RPE 9
- Reverse Cable Fly – 3 sets | 15–20 reps | RPE 10
- Pec Deck Finisher (1.5 Reps) – 3 sets | RPE 10

Day 7 – Sunday: Active Recovery or Optional Isolation

- Light cardio, stretching, mobility work
- Optional: Calves, Abs, Rear Delt Pump Work
- Full rest if needed

4-Week Mesocycle Plan

Each week progresses through increasing volume, intensity, and RPE:

- Week 1: Baseline – RPE 7–8, 2 RIR. Control form, MMC focus.
- Week 2: Progression – Add 1 set to major lifts. RPE 8–9.
- Week 3: Peak – Use LLPs, partials, drop sets. RPE 9–10.
- Week 4: Deload – Reduce volume by 50%, RPE 6–7. Recovery emphasis.

12-Week Macrocycle Overview

M1 (Weeks 1–4): Delts + Upper Chest

- Volume: Delts 18–24 sets, Chest 14–18, Back 12–14
- Focus: Lateral/rear delts, incline pressing, MMC development

M2 (Weeks 5–8): Back Width + Thickness

- Volume: Back 20–26 sets, Chest 12–14, Delts 14–16
- Focus: Lat stretch, pulldowns, heavy rows, axial loading

M3 (Weeks 9–12): Chest Specialization

- Volume: Chest 22–26 sets, Delts 12–14, Back 12–14
- Focus: Full chest development, LLPs, stretch-focused flys

Week 13 (Optional): Performance Testing or Deload

- Test: Incline Press, Pull-ups, Seal Row, Overhead Press