



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.



Beginner's 3-Day Men's Bodyweight Workout Program

This 3-day-per-week bodyweight training program is designed for beginners. It builds foundational strength, improves mobility, and enhances muscular endurance without the need for equipment.

Program Structure

- Days: 3 days/week (e.g., Monday, Wednesday, Friday)
- Goal: Build strength, improve coordination, and develop consistency
- Session length: 30–40 minutes
- Format: Full-body each day with progressive intensity

Day 1: Strength Foundations (Push, Pull, Core Focus)

Warm-Up (5 min):

- Arm circles x10 each direction
- Jumping jacks x30
- Cat-Cow stretch x10
- World's Greatest Stretch x5 each side

Workout (3 rounds):

1. Incline Push-Ups (hands elevated) – 10–12 reps
2. Wall Rows (or Towel Rows under a door) – 8–10 reps
3. Glute Bridges – 15 reps
4. Plank – 20–30 seconds hold
5. Bodyweight Squats – 15 reps

Finisher (optional):

- Mountain Climbers – 30 sec x 2 rounds

Cool Down (3–5 min):

- Child's pose
- Standing hamstring stretch
- Chest opener stretch

Day 2: Lower Body & Core Stability

Warm-Up (5 min):

- Leg swings x10 each leg
- Hip circles x10 each way
- Air squats x10
- March in place x30 sec

Workout (3 rounds):

1. Step-Back Lunges (alternating) – 8–10 reps/leg
2. Wall Sit – 30 seconds
3. Side Plank – 20 seconds/side
4. Bird Dog – 8 reps/side
5. Heel Taps (lying on back) – 15 reps

Finisher (optional):

- Jump Squats – 5–10 reps
- Rest 30 sec
- Repeat 2x

Cool Down (3–5 min):

- Seated forward fold
- Standing quad stretch
- Deep squat hold (use support if needed)



Day 3: Total Body Conditioning & Mobility

Warm-Up (5 min):

- Jumping jacks x30
- Arm swings and circles
- Dynamic lunges x10 total

Workout (Circuit Style – 3 rounds):

1. Push-Ups (knee or standard) – 8–12 reps
2. Bodyweight Squats – 15 reps
3. Superman Hold – 20–30 sec
4. Toe Touch to Reach Up – 10 reps
5. High Knees – 30 seconds

Mobility Finisher:

1. World's Greatest Stretch – 3 reps per side
2. Couch Stretch (hip flexors) – 30 sec/side
3. Cat-Cow + Thread the Needle – 5 reps each

Progression Guidelines

- Week 1–2: Focus on form and consistency
- Week 3–4: Add rounds (from 3 to 4), increase hold times by 10–15 seconds, or reps by 2–3
- Modify by adjusting incline, tempo, or range of motion

Optional Weekly Schedule

- Monday – Day 1
- Wednesday – Day 2
- Friday – Day 3
- Tuesday/Thursday – Active recovery (light walking, stretching, mobility)