



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 Gym Workout Program

This beginner-friendly 3-day gym workout plan is designed to help men build foundational strength, improve muscle coordination, and develop confidence in the gym. Each session focuses on full-body training with targeted emphasis areas, using simple, compound-based movements.

Program Overview

- Days: 3 non-consecutive days/week (e.g., Monday, Wednesday, Friday)
- Duration: 45–60 minutes per workout
- Goal: Build strength, muscle, and confidence with proper technique
- Style: Full-body with shifting emphasis each session
- Progression: Add weight or reps weekly (linear progression)

Day 1: Push Focus (Chest, Shoulders, Triceps)

Warm-Up (5–7 min):

- 5 min incline treadmill walk or rowing
- Shoulder circles x10
- Arm swings x10

Workout:

1. Barbell Bench Press – 3 sets of 8–10 reps
2. Seated Dumbbell Shoulder Press – 3 x 10–12
3. Incline Dumbbell Press – 3 x 10–12
4. Cable or Dumbbell Lateral Raises – 3 x 12–15
5. Triceps Pushdowns (cable or band) – 3 x 12–15

Core Finisher:

- Plank – 3 sets of 30–45 seconds

Day 2: Pull Focus (Back, Biceps, Rear Delts)

Warm-Up (5–7 min):

- Rowing or elliptical
- Band pull-aparts x15
- Cat-Cow stretch x10

Workout:

1. Lat Pulldown or Assisted Pull-Ups – 3 x 8–10
2. Dumbbell One-Arm Row or Machine Row – 3 x 10–12
3. Face Pulls – 3 x 12–15
4. EZ-Bar or Dumbbell Curls – 3 x 10–12
5. Cable Hammer Curls or Rope Curls – 3 x 12–15

Core Finisher:

- Cable crunch or hanging leg raises – 3 x 15 reps

Day 3: Lower Body + Full Body Conditioning

Warm-Up (5–7 min):

- 5 min incline walk or bike
- Bodyweight squats x15
- Glute bridges x10

Workout:

1. Leg Press or Barbell Back Squat – 3 x 8–10
2. Romanian Deadlifts (dumbbell or barbell) – 3 x 10
3. Walking Lunges (dumbbells optional) – 3 x 12 steps/leg



4. Seated Leg Curl Machine – 3 x 12–15

5. Calf Raises (machine or bodyweight) – 3 x 15–20

Conditioning Finisher (Pick One):

- Rower sprint: 30 sec on, 60 sec off x 5
- Treadmill incline walk: 10 minutes @ 10–15% incline

Progression Guidelines

- Increase weight when you can complete the top end of the rep range with good form
- Rest 60–90 sec between sets for hypertrophy, up to 2 min for heavy lifts
- Track your weights and reps
- Prioritize form and controlled movement

Optional Weekly Layout

- Monday – Push
- Wednesday – Pull
- Friday – Legs/Conditioning
- Tuesday/Thursday – Light cardio or stretching
- Weekend – Rest or active recovery