



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.



Hardcore 6-Day Men's Gym Workout Plan – Superman Physique

Program Focus: The Superman Physique

- Goals: Wide V-taper, dense chest, powerful legs, superhero core
- Split: Chest/Back, Legs, Shoulders, Arms, Glutes & Posterior Chain, Volume Day
- Style: High volume, advanced training intensity, controlled rest
- Rest Periods: 60–90 sec compounds, 30–60 sec isolation
- Progression: Add weight, reps, or reduce rest weekly

Day 1 – Chest + Back (Wide & Thick Upper Body)

Warm-Up:

- Incline treadmill – 5 min
- Band pull-aparts + push-ups – 2 x 15 each

Workout:

1. Incline Barbell Press – 4 x 6–8
2. Weighted Pull-Ups (Wide Grip) – 4 x 6–8
3. Flat Dumbbell Press (Slow Eccentric) – 3 x 8–10
4. Chest-Supported T-Bar Row – 3 x 10–12
5. Cable Crossover Flys – 3 x 15
6. Straight Arm Lat Pulldown – 3 x 15
7. Decline Push-Ups Superset with Band Rows – 2 x 20 each

Day 2 – Legs (Quad Dominant + Power Base)

Warm-Up:

- Stationary bike – 5 min
- Hip openers, bodyweight squats

Workout:

1. Back Squats – 4 x 6–8
2. Leg Press (Low/Narrow Stance) – 3 x 10
3. Walking DB Lunges – 3 x 12/leg
4. Leg Extensions (1.5 rep style) – 3 x 15
5. Standing Calf Raise – 4 x 15–20
6. Donkey Calf Raise – 3 x 20

Finisher:

- Wall Sit Hold – 2 x 1 minute

Day 3 – Shoulders + Traps (Broad & Capped Delts)

Warm-Up:

- Band dislocates, arm circles – 2 x 15
- Light lateral raise – 2 x 20

Workout:

1. Seated DB Shoulder Press – 4 x 8–10
2. Lateral Raise (Strict) – 4 x 15
3. Cable Lateral Raises (One Arm) – 3 x 12
4. Reverse Pec Deck – 3 x 12–15



5. Barbell Shrugs – 4 x 12
6. Upright Row (Wide Grip) – 3 x 10

Finisher:

- 1 min Lateral Raise Hold + Drop Set x2

Day 4 – Arms (Biceps, Triceps, Forearms)

Warm-Up:

- Rope pushdown – 2 x 20
- Band curls – 2 x 15

Workout:

1. EZ Bar Curl – 4 x 10-12
2. Incline DB Curls – 3 x 12-15
3. Concentration Curls – 3 x 15
4. Close-Grip Bench Press – 4 x 8
5. Overhead DB Triceps Extension – 3 x 10-12
6. Rope Pushdowns Drop Set – 3 x 15 + 10 + 8
7. Barbell Wrist Curls – 3 x 20

Day 5 – Glutes, Posterior Chain & Core

Warm-Up:

- Glute bridges – 2 x 15
- Banded hip abductions – 2 x 20

Workout:

1. Barbell Hip Thrusts – 4 x 10
2. Romanian Deadlifts – 4 x 8-10
3. Bulgarian Split Squats – 3 x 10/leg
4. Cable Kickbacks – 3 x 15/leg
5. Lying Leg Curls – 4 x 15
6. Reverse Crunches or Hanging Leg Raises – 3 x 15
7. Weighted Plank – 3 x 60 sec

Finisher:

- Glute Bridge Burnout – 2 x 30 reps

Day 6 – Volume & Weak Point Training (Low Volume, Isolation Focused)

Purpose: Pump work for small muscles, symmetry, and recovery

Workout:

1. Cable Chest Flys – 3 x 15
2. DB Lateral Raise – 3 x 20
3. Rope Hammer Curls – 3 x 15
4. Triceps Rope Pushdowns – 3 x 15
5. Face Pulls – 2 x 20
6. Hanging Leg Raises – 2 x 15
7. Ab Wheel Rollouts or Cable Crunches – 2 x 20



Weekly Schedule Example

Monday – Chest + Back

Tuesday – Legs (Quad/Power Focused)

Wednesday – Shoulders + Traps

Thursday – Arms

Friday – Glutes + Posterior Chain

Saturday – Volume + Weak Points

Sunday – Rest