



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 3-Day Women's Bodyweight Workout Plan

Day 1 – Full Body Fundamentals

Warm-Up (5 mins)

- Arm Circles – 30 sec each direction
- Leg Swings – 10 each side
- March in Place – 1 min
- Glute Bridges – 10 reps

Workout

- Bodyweight Squats – 3 sets | 10–15 reps
- Incline Push-Ups (hands on table/bench) – 3 sets | 6–10 reps
- Glute Bridges – 3 sets | 12–15 reps
- Wall Sit – 3 sets | Hold for 30 sec
- Bird-Dog – 3 sets | 10 reps/side
- Standing Calf Raises – 3 sets | 15–20 reps

Cooldown

- Stretch quads, hamstrings, glutes, and shoulders – 5–7 mins

Day 2 – Core + Lower Body Burn

Warm-Up (5 mins)

- Step Touch Side-to-Side – 1 min
- High Knees (slow) – 30 sec
- Standing Hip Circles – 30 sec each direction

Workout

- Step-Back Lunges (or split squats if knees sensitive) – 3 sets | 8–10/leg
- Side-Lying Leg Raises – 3 sets | 15 reps/leg
- Glute Bridge March – 3 sets | 10 reps/leg
- Front Plank (on knees if needed) – 3 sets | 20–30 sec hold
- Dead Bug – 3 sets | 10 reps/side
- Seated Wall Calf Raise – 3 sets | 15–20 reps

Cooldown

- Focus on hip flexors, calves, and abs – 5 mins

Day 3 – Upper Body + Balance + Core

Warm-Up (5 mins)

- Shoulder Rolls – 1 min
- Arm Swings – 1 min
- Standing Twist – 1 min



Workout

- Wall Push-Ups – 3 sets | 10–12 reps
- Arm Circles (small to large) – 3 sets | 30 sec forward + backward
- Glute Bridge Hold – 3 sets | Hold 30–45 sec
- Side Plank (on knees) – 3 sets | 20 sec/side
- Standing Single-Leg Balance – 3 sets | 30 sec/leg
- Cat-Cow Stretch – 3 sets | 5 reps

Cooldown

- Gentle yoga stretches – 5–10 mins