



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 Women's Gym Workout Program

This beginner-friendly 3-day gym workout plan is tailored for women who want to build strength, tone muscles, and feel confident using gym equipment. It focuses on effective compound and accessory movements with progressive overload using machines, dumbbells, and cables.

Program Overview

- Frequency: 3 days/week (e.g., Monday, Wednesday, Friday)
- Workout Duration: 45–60 minutes
- Equipment Needed: Machines, dumbbells, cable stack
- Focus: Glutes, core, full-body strength
- Progression: Add weight when you hit the top end of reps with good form

Day 1: Lower Body + Glutes Focus

Warm-Up (5–7 minutes):

- Incline treadmill walk or stair stepper – 5 minutes
- Dynamic stretches (leg swings, bodyweight squats, glute bridges)

Workout:

1. Glute Bridges (Barbell or Bodyweight) – 3 x 12–15
2. Leg Press Machine – 3 x 10–12
3. Dumbbell Romanian Deadlifts – 3 x 10–12
4. Cable Kickbacks or Glute Kickbacks Machine – 3 x 12/leg
5. Bodyweight Walking Lunges – 3 x 10/leg

Optional Glute Finisher:

- 1-minute Glute Bridge Hold
- 15 Frog Pumps
- Repeat 2 rounds

Cool Down:

- Standing hamstring stretch
- Hip flexor stretch
- Pigeon pose

Day 2: Upper Body + Core

Warm-Up (5 minutes):

- Arm circles, shoulder rolls, band pull-aparts x15
- Row machine or elliptical – 3–5 min

Workout:

1. Lat Pulldown (or Assisted Pull-Ups) – 3 x 8–10
2. Seated Row Machine – 3 x 10–12
3. Dumbbell Shoulder Press – 3 x 10–12
4. Cable Triceps Pushdowns – 3 x 12–15
5. Dumbbell Bicep Curls – 3 x 12

Core Finisher:

- Russian Twists (bodyweight or light DB) – 20 total
- Dead Bugs – 10/side



- Plank – 30 seconds
- Repeat 2 rounds

Cool Down:

- Chest opener stretch
- Cat-Cow
- Child's Pose

Day 3: Full Body + Glute & Core Emphasis

Warm-Up (5 minutes):

- Glute activations with band or bridges
- Air squats x10
- Arm swings x10

Workout:

1. Barbell or Smith Machine Squat – 3 x 8–10
2. Cable or Dumbbell Romanian Deadlifts – 3 x 10–12
3. Glute Kickbacks (cable or machine) – 3 x 12/leg
4. Dumbbell Chest Press (Flat or Incline Bench) – 3 x 10–12
5. Plank + Leg Lift – 3 x 10/leg

Finisher (optional):

- 10-minute incline treadmill walk (10–12% incline)

Cool Down:

- Standing quad stretch
- Downward dog
- Seated forward fold

Progression Guidelines

- Start with moderate weight. If you can do more than the top rep range, increase the load by 5–10%.
- Track your weights and reps weekly.
- Focus on control and form before increasing intensity.
- Aim to add 1–2 reps or 5–10 lbs weekly depending on the lift.

Optional Weekly Layout

- Monday – Lower Body
- Wednesday – Upper Body
- Friday – Full Body
- Tuesday/Thursday – Light walk, mobility, or yoga
- Weekend – Rest or active recovery