



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.



Intermediate 4-Day Women's Bodyweight Workout Program

This 4-day intermediate bodyweight workout plan is designed for women who want to build tone, strength, and endurance using their own body. With a focus on glutes, legs, core, and posture, this plan uses no equipment other than a chair, mat, or optional pull-up substitute.

Program Overview

- Days: 4 days/week (e.g., Monday, Tuesday, Thursday, Friday)
- Time: 35–45 minutes/session
- Equipment: Optional chair, yoga mat, towel, pull-up bar substitute (optional)
- Focus: Glutes, legs, core, and upper-body tone
- Progression: Increase reps, sets, difficulty, or reduce rest time

Day 1: Glutes + Lower Body Burn

Warm-Up (5 minutes):

- Glute bridges x15
- Leg swings x10/leg
- Deep squat hold x30 sec
- Lateral lunges x10

Workout (4 rounds):

1. Bulgarian Split Squats – 3 x 10–12 reps/leg
2. Single-Leg Glute Bridge – 3 x 10/leg
3. Wall Sit – 3 x 45–60 sec
4. Frog Pumps – 3 x 20
5. Cossack Squats – 3 x 8/side

Finisher (2 rounds):

- Glute bridge hold – 45 sec
- Jump squats – 10 reps

Day 2: Upper Body Sculpt

Warm-Up (5 minutes):

- Arm swings x10
- Scapular wall slides x10
- Shoulder circles x15

Workout (4 rounds):

1. Incline Push-Ups (hands on chair) – 3 x 10–12
2. Pike Push-Ups – 3 x 8–10
3. Chair Dips – 3 x 10–12
4. Wall Angels – 3 x 12
5. Superman Pulls – 3 x 12

Finisher (2 rounds):

- Shoulder taps – 30 seconds
- Push-up hold (midpoint) – 20 seconds



Day 3: Legs + Core Flow

Warm-Up (5 minutes):

- March in place x1 min
- Glute bridge x15
- Standing knee hugs x10

Workout (4 rounds):

1. Step-Back Lunges – 3 x 10/leg
2. Wall Sit w/ March – 3 x 20 marches
3. Hamstring Walkouts – 3 x 10
4. Side-Lying Leg Raises – 3 x 12/side
5. Side Plank w/ Leg Lift – 3 x 10/side

Finisher (optional):

- Jump lunges or fast feet – 20 seconds
- Rest 30 sec
- Repeat 3x

Day 4: Core + Conditioning

Warm-Up (5 minutes):

- Jumping jacks x30
- High knees x20 seconds
- Dynamic side bends x10/side

Core Circuit (3 rounds):

1. Hollow Hold – 30 sec
2. Dead Bug – 10/side
3. Heel Taps (on back) – 15 reps
4. Plank Shoulder Taps – 20 taps
5. Russian Twists – 20 total

Conditioning Circuit (2–3 rounds):

1. Bodyweight Squats – 15
2. Push-Ups (knees or full) – 10
3. Mountain Climbers – 30 sec
4. Rest – 45 sec

Progression Guidelines

- Add 1–2 reps per exercise per week
- Advance to harder variations (e.g., single-leg squats, decline push-ups)
- Slow your tempo (3 seconds down, 1-second pause)
- Reduce rest between rounds to increase challenge

Sample Weekly Layout

- Monday – Glutes/Lower
- Tuesday – Upper Body
- Wednesday – Rest or mobility
- Thursday – Legs + Core
- Friday – Core + Conditioning



- Weekend – Active recovery or rest