



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.



Advanced 5-Day Ladies Gym Workout Plan

Program Overview

- Frequency: 5 days/week (e.g., Mon–Fri)
- Training Focus: Glute growth, hamstring/quad balance, upper body shaping
- Goal: Hypertrophy, tone, strength
- Style: Body part and emphasis-based split
- Duration: 60–75 minutes per session
- Progression: Add weight or reps weekly

Day 1 – Lower Body (Glute-Focused)

Warm-Up:

- Glute bridges – 2 x 15
- Band lateral walks – 2 x 10/side
- Dynamic leg swings – 1 min

Workout:

1. Barbell Hip Thrusts – 4 x 10–12
2. Walking Lunges (long stride) – 3 x 12/leg
3. Glute-Focused Leg Press (feet high and wide) – 3 x 12
4. Cable Kickbacks – 3 x 15/leg
5. Abduction Machine or Banded Seated Abductions – 3 x 20
6. Bodyweight Glute Bridge Hold – 2 x 30–45 sec

Day 2 – Upper Body (Back, Shoulders, Arms)

Warm-Up:

- Band pull-aparts – 2 x 20
- Arm circles – 2 x 10
- Light row machine – 5 min

Workout:

1. Assisted Pull-Ups or Lat Pulldown – 4 x 8–10
2. Seated Cable Row – 3 x 10–12
3. DB Shoulder Press – 3 x 10
4. Lateral Raises (Cable or DB) – 3 x 12–15
5. Barbell or EZ Bar Curls – 3 x 12
6. Overhead Cable Triceps Extension – 3 x 12–15

Finisher (Optional):

- Face Pulls – 2 x 15

Day 3 – Lower Body (Hamstring-Focused)

Warm-Up:

- 5 min incline walk
- RDL mobility drill – 1–2 min



Workout:

1. Romanian Deadlifts (BB or DB) – 4 x 8–10
2. Lying or Seated Hamstring Curl – 4 x 12–15
3. Glute-Ham Raise (or Stability Ball Curl) – 3 x 10
4. Step-Ups (moderate height) – 3 x 10/leg
5. Standing Calf Raises – 4 x 15–20
6. Leg Curl Drop Set (Machine) – 2 x 20, 15, 10 (no rest)

Day 4 – Upper Body (Chest, Shoulders, Core)

Warm-Up:

- Push-ups – 2 x 10
- Dynamic pec/shoulder mobility – 1 min

Workout:

1. Incline DB Press – 4 x 10–12
2. Cable Chest Flys or Pec Deck – 3 x 12
3. Arnold Press – 3 x 10
4. Cable Front Raises – 3 x 15
5. Hanging Leg Raises – 3 x 15
6. Cable Oblique Twists – 3 x 15/side
7. Weighted Plank Hold – 3 x 30–45 sec

Day 5 – Lower Body (Quad-Focused)

Warm-Up:

- Bodyweight squats – 2 x 15
- Leg swings + quad stretch

Workout:

1. Barbell Back Squat – 4 x 6–8
2. Leg Press (feet low & narrow) – 3 x 10
3. Walking Lunges (shorter stride) – 3 x 12/leg
4. Leg Extension Machine – 3 x 12–15
5. DB Goblet Squat (pause at bottom) – 3 x 10–12
6. Standing Calf Raise – 3 x 15–20

Finisher:

- Wall Sit Hold – 2 x 60 seconds

Progression Guidelines

- Increase weight when you reach the top of the rep range with ease
- Use rest-pause, drop sets, or tempo (e.g. 3-1-1) to add difficulty
- Focus on mind-muscle connection, especially with glutes and hamstrings
- Take 60–90 sec rest between sets, up to 2 min on heavy compound lifts

Weekly Schedule Example

Monday – Lower – Glute Focused

Tuesday – Upper – Back, Shoulders, Arms

Wednesday – Lower – Hamstring Focused

Thursday – Upper – Chest, Shoulders, Core



Friday – Lower – Quad Focused
Saturday – Optional Cardio or Mobility
Sunday – Rest