



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 Women's Gym Workout Plan – Hourglass Physique

Program Focus: Glutes, Delts, Hourglass Shape

- Goals: Build glutes, capped shoulders, maintain small waist
- Training Style: High volume, glute/shoulder dominant, core engagement
- Rest Time: 60–90 sec for compounds, 30–45 sec for isolation
- Progression: Weekly increase in weight, reps, or intensity

Day 1 – Lower Body (Glute + Hamstring Focus)

Warm-Up:

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

Workout:

1. Barbell Hip Thrusts – 4 x 10–12
2. Romanian Deadlifts – 4 x 8–10
3. Cable Kickbacks – 3 x 15/leg
4. Walking Lunges (Long Stride) – 3 x 12/leg
5. Seated Hamstring Curls – 3 x 12–15
6. Glute Bridge Hold (Banded) – 3 x 30–45 sec

Day 2 – Upper Body (Delts + Back Emphasis)

Warm-Up:

- Band pull-aparts – 2 x 20
- Arm circles – 2 x 10

Workout:

1. Seated DB Shoulder Press – 4 x 8–10
2. Cable Lateral Raises – 3 x 15
3. Face Pulls – 3 x 15
4. Arnold Press – 3 x 10
5. Lat Pulldown (Wide Grip) – 4 x 10–12
6. Rear Delt Fly (Pec Deck or DB) – 3 x 15

Day 3 – Lower Body (Glute + Quad Focus)

Warm-Up:

- Bodyweight squats – 2 x 15
- Leg swings

Workout:

1. Back Squats – 4 x 6–8
2. Glute-Biased Leg Press – 4 x 10
3. DB Bulgarian Split Squats – 3 x 10/leg
4. Step-Ups (Controlled Tempo) – 3 x 12/leg
5. Leg Extensions – 3 x 12–15
6. Standing Calf Raises – 4 x 15–20



Day 4 – Upper Body (Delts + Arms)

Warm-Up:

- Light DB lateral raise – 2 x 20

Workout:

1. DB Lateral Raise – 4 x 15
2. DB Front Raise – 3 x 12
3. Upright Row (EZ Bar or Cable) – 3 x 10-12
4. Incline DB Curls – 3 x 12-15
5. Overhead Triceps Extension – 3 x 12
6. Rope Hammer Curls – 3 x 15
7. Rope Triceps Pushdowns – 3 x 15

Day 5 – Lower Body (Glute Isolation + Posterior Chain)

Warm-Up:

- Treadmill incline walk – 5 min

Workout:

1. Barbell Hip Thrusts – 4 x 10
2. Dumbbell RDLs – 4 x 8-10
3. Sumo Deadlifts (moderate weight) – 3 x 6-8
4. Cable Glute Kickbacks – 3 x 15/leg
5. Seated Leg Curls – 3 x 15
6. Glute Bridge March – 2 x 30 sec

Day 6 – Core + Isolation Volume (Waist, Delts, Glutes)

Purpose: Emphasize symmetry, waist control, and accessory pump

Workout:

1. Weighted Cable Crunch – 3 x 15
2. Hanging Leg Raise – 3 x 15
3. Oblique Cable Twist – 3 x 15/side
4. DB Lateral Raise Drop Set – 3 x 12 + 8 + 8
5. Cable Kickbacks – 3 x 20
6. Mini Band Glute Burnout – 2 x 30 sec each move (abduction, glute bridge, pulses)

Weekly Schedule Example

Monday – Glute + Hamstring Focus

Tuesday – Delts + Upper Back

Wednesday – Glute + Quad Focus

Thursday – Delts + Arms

Friday – Glutes + Posterior Chain

Saturday – Core + Isolation Volume

Sunday – Full Rest or Mobility