



## DISCLAIMER

### COACH TYLER

By entering our website or purchasing or using our website, e-mails, programs, services, and/or products, you are agreeing to accept all parts of this disclaimer. Use of this program, advice and information contained herein is at the sole choice and risk of the reader.

You voluntarily choose to utilize the services of Coach Tyler in order to improve your fitness for training and racing and clearly understand our training philosophy as explained to you prior to the acceptance of our services.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you are solely responsible for monitoring your own condition daily and throughout the training, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge **COACH TYLER** from any and all claims or causes of action, known or unknown, arising from the use of **COACH TYLER**.

**COACH TYLER** strongly recommends that you consult with your primary care physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. **COACH TYLER** is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. In stating that you agree to this agreement and waiver of liability you acknowledge that you have read and agree to our recommendations to consult with and obtain a certificate of good health from a primary care physician prior to utilizing **COACH TYLER'S** services.

If you do not consult with and obtain permission from your primary care physician, you accept any and all consequences that may result from this inaction on your part. Should any unusual symptoms or conditions occur, you agree to immediately cease following the training program and immediately inform your primary care physician of any symptoms or conditions which could affect your health in any way.

**COACH TYLER** reserves the right to update or change information contained in our programs, our email newsletter, and our website at any time. **COACH TYLER** is not responsible for information appearing at hyperlinks. You should rely on your own review, inquiry, and assessment as to the accuracy of any information made available within this program or via our web site.

In consideration for being allowed to participate and choosing to engage in this training program, you discharge and covenant not to sue **COACH TYLER**, their owners, managers, members, employees, partners, sponsors, volunteers, agents, advisors, contractors, consultants, attorneys, accountants and insurers (the "Released Parties") from any and all liability from all claims, actions, suits or other proceedings resulting in personal injury, including death, accident, illness or property damage, you may suffer or sustain, regardless of fault, arising from or in connection with, your participation in the activity, the equipment used during the activity (whether provided by **COACH TYLER**, or a third party or yourself) and the building or facilities where the activity was located.

You agree that all training programs, workouts and structures supplied by **COACH TYLER** belong to **COACH TYLER** and distribution of such material to others is strictly prohibited.

DATED AT \_\_\_\_\_ ON \_\_\_\_\_ DAY OF \_\_\_\_\_.

SIGNED BY: FULL NAME & SURNAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_