



Agreement and Release of Liability

In consideration of being allowed to participate in the activities and programs offered by TTC strength, and to use its programs and training, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge and hold harmless TTC strength and its consultants, officers, agents, and employees from any and all responsibility, liability, cost and expenses, including injuries or damages, resulting from my participation in any activities, or my use of any programs designed by TTC strength. I do also hereby release TTC its consultants, officers, agents and employees from any responsibility or liability for any injury, damage or disorder (physical, metabolic, or otherwise) to myself, or in any way arising out of or connected with my participation in any activities with TTC strength

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment are a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death related to said fitness activities. In addition, I certify that I am 18 years of age or older. (Please initial _____) I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would affect nutrient metabolism or prevent my participation or use of equipment or machinery except as hereinafter stated. I do hereby acknowledge that TTC strength has recommended to me that I obtain a physician's approval for my participation in an exercise/fitness activity or in the use of exercise equipment and machinery.

I also acknowledge that TTC strength has recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise and use of exercise and training equipment so that I might have his/her recommendations concerning these fitness activities and equipment use. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity and use of equipment, machinery, and programs designed by TTC strength without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities. TTC strength programs are not meant to treat or manage any health condition. Always consult with your healthcare provider prior to adjusting your current style of eating or beginning any new diet and/or training plan. With my purchase of TTC strength's or any other template purchase, I understand that I am not purchasing individual consultation services, and I neither expect nor presume any requirement on the part of the TTC strength staff to answer specific, direct questions about the templates nor their modification procedures. I also agree that the templates are not a guaranteed guide to results of any sort and agree not to hold TTC strength staff liable for any outcomes or a lack thereof.

With my purchase of any TTC strength training templates, I understand that they are only guaranteed to work in Microsoft Excel. I understand that I am purchasing having known that beforehand and understand that using any other application besides Microsoft Excel might result in the templates not working with 100% functionality.

Signed _____

Date _____