

**Gorilla Squad Plan Disclaimer:**

All Gorilla Squad training plans were constructed with care and precision with the goal of getting the athlete as strong as possible. These plans will work for healthy individuals.

Due to the demand of coaching and programs, Blaine Sumner cannot provide answers to training questions. All information included in the program will provide plenty of guidance to how to run the program properly. You are invited to the Gorilla Squad Facebook page where you can ask questions of other members who have likely gone through the same thing. Blaine is available to answer your questions via 1-on-1 coaching on [BlaineSumner.com](http://BlaineSumner.com).

The Gorilla Squad programs are not intended as a substitute for the medical advice of physicians. The participant should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

Like any sport involving heavy weight implements, balance and environmental factors, weighted resistance training poses some inherent risk. Athletes should take full responsibility for their safety and know their limits. Before practicing the skills described in the program(s), be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training, and comfort level.

**Informed Consent and Liability Waiver Release for Participation in Exercise Program:**

I agree and consent to the following: I am voluntarily participating in an exercise/fitness program conducted by Gorilla Squad LLC. I recognize that the program requires physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above mentioned program. I represent and warrant that I have no medical condition that would prevent my participation in the program. I agree to assume full responsibility for any risks, injuries or damage know or unknown which I might incur as a result of participating in the program. Such injuries may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness, including death. I knowingly, voluntarily and expressly waive any claim I may have against Gorilla Squad LLC or Blaine Sumner for injury or damages that I may sustain as a result of participating in the program. I, my heirs or representatives forever release waive, discharge and covenant not to sue Gorilla Squad LLC or Blaine Sumner for any injury or death caused by their negligence or other acts. I have read the above waiver and release of liability and fully understand it contents. I voluntarily agree to the terms and conditions stated above.

Signed Name: \_\_\_\_\_

Signature Print Name: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_