

## Waiver of Liability

This agreement releases **Carly Wynn** from all liability relating to injuries that may occur **as a result of consultation regarding endurance and strength training, and as a result of following the advice laid out in training plans designed for me by, or attending classes (virtually or in person) with Carly Wynn.** By agreeing to this waiver, I agree to hold **Carly Wynn** entirely free from any liability, including financial responsibility for injuries incurred, regardless of whether injuries are caused by negligence.

I also acknowledge the risks involved in **endurance and strength training.** These include but are not limited to **personal injury or death as a result of improper training or faulty equipment.** I swear that I am participating voluntarily, that I am not obligated to follow any advice given by **Carly Wynn** and that all risks have been made clear to me. Additionally, I do not have any conditions that will increase my likelihood of experiencing injuries while engaging in this activity.

By agreeing to this waiver I forfeit all right to bring a suit against **Carly Wynn** for any ill-effects resultant from using the information provided. In return, I will receive **personal endurance and strength coaching and instruction.** I will also make every effort to obey safety precautions as listed in writing and as explained to me verbally. I will ask for clarification when needed.