

Disclaimer and Release

In consideration, and as a condition, of my use of the exercise and/or nutrition and/or supplementation program(s) provided by First XV Performance, LLC, I hereby acknowledge and agree to the following:

- My participation in this exercise and/or nutrition and/or supplementation program(s) is voluntary and is not being done at the direction or encouragement of Jarrod Dyke and/or First XV Performance, LLC in a supervisory-capacity.
- I recognize that, before beginning a program of strenuous physical activity, I will have had a thorough physical examination by a physician who has been informed of my proposed course of activity.
- Vigorous exercise can be dangerous for some people. Intense physical activity coupled with certain environmental conditions may aggravate existing asthmatic or other respiratory conditions. Those over the age of 35 and coronary-prone younger individuals who possess high risk factors should obtain a stress test electrocardiogram prior to beginning an exercise program. Stress tests are particularly important to those who have the following risk factors: overweight, hypertension, diabetes, sedentary life style, cigarette smoking, and/or family history of heart disease.
- I assume complete responsibility for my physical well-being in the voluntary exercise and/or nutrition and/or supplementation program(s) in which I may engage as a result of prescription by Jarrod Dyke and/or First XV Performance, LLC and understand that no responsibility is assumed by Jarrod Dyke and/or First XV Performance, LLC.
- I recognize that, despite all precautions on my part and on the part of Jarrod Dyke and/or First XV Performance, LLC, there are risks of injury or illness which can occur because of my use of the aforementioned prescription, and I EXPRESSLY ASSUME SUCH RISKS AND WAIVE, RELINQUISH AND RELEASE ANY CLAIM WHICH I MAY HAVE AGAINST FIRST XV PERFORMANCE, LLC AS A RESULT OF FUTURE PHYSICAL INJURY OR ILLNESS INCURRED IN CONNECTION WITH, OR AS A RESULT OF, SUCH ACTIVITIES, EXCEPT TO THE EXTENT SUCH CLAIM MAY RESULT FROM THE SOLE OR EXCLUSIVE NEGLIGENCE OF JARROD DYKE OR HIS EMPLOYEES OR AGENTS.

Signature: _____

Printed Name: _____

Parent/Guardian Signature (if under the age of 18 years old):

Parent/Guardian Printed Name (if under the age of 18 years old):

Date: _____