

## Release of Liability

I \_\_\_\_\_ hereby voluntarily consent to participate in an exercise program offered by Ryan Krane of Ryan Krane, Inc. This program includes but is not limited to aerobic, strength, and flexibility utilizing weights, bands, balls, foam rollers, and other equipment.

I understand that exercising carries inherent risk including but not limited to muscle and skeletal injuries, strains on muscles, joints and connective tissue, muscle soreness, muscle cramps, abnormal blood pressure, alterations in menstrual cycle, irregular heart beat, strain on cardiovascular system, lightheadedness, dizziness, nausea, and in rare cases, stroke, heart attack and death.

I have been informed of the warning signs of over-exertion, and advised to stop exercising immediately if experienced and to report these signs to the trainer.

I have had the opportunity to ask questions, all of which have been answered satisfactorily.

I certify that I am in good health and that I have had a complete physical exam by a licensed physician on \_\_\_\_\_ (date). I certify that there exist no contraindications to my full participation in this exercise program.

I assume all liability with regard to injury and/or death that result from my participation in this exercise program in The Krane Training Method™ and/or use of Ryan Krane's equipment.

I agree to release Ryan Krane and Ryan Krane Inc. from all liability and claims for personal injury which may result, no matter what the cause, in connection with or as a result of fitness training services.

I have read and fully understand and agree with the statements made in this form.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Best Regards,



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