



Medical Disclaimer



Hybrid Performance Strength & Conditioning and Matt Bottrill Performance Coaching strongly recommends that you consult your Doctor before beginning any exercise programme or physical activity.

By Purchasing the 'Winter Watts Performance Programme', you recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, Energy System development, and other various fitness activities. You hereby affirm that you are in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program.

Hybrid Performance strength & Conditioning, David Clarke and Matt Bottrill Performance Coaching are not licensed medical care providers and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You acknowledge that your enrollment and subsequent participation is purely voluntary and is in no way mandated by David Clarke, Hybrid Performance Strength & Conditioning or Matt Bottrill Performance Coaching.

In consideration of your participation in this program, you, hereby release David Clarke, Hybrid Performance Strength & Conditioning, Matt Bottrill Performance Coaching and its agents from any claims, demands, and causes of action as a result of your voluntary participation and enrollment.

You fully understand that you may injure yourself as a result of my enrollment and subsequent participation in this program and you, hereby release David Clarke, Hybrid Performance Strength & Conditioning and Matt Bottrill Performance Coaching and its agents from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, strokes, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, injuries to knees or other joints of the body, injuries to back, injuries to a foot, heat prostration, or any other illness or soreness that you may incur, including death.

YOU HEREBY AFFIRM THAT YOU HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.