

Fitness and Exercise Disclaimer

The purpose of this DISCLAIMER AND NOTICE is to make you conscious of the potential risks connected with activity in any exercise, physical fitness or training program. And to help you make an informed decision as to whether or not you should participate in these types of activities.

DISCLAIMER OF LIABILITY. Injuries of all types can occur when participating in exercise, physical fitness and training programs, hence The Essential Boomer strongly encourages all members to obtain a comprehensive physical examination by a licensed physician PRIOR to undertaking any exercise or training demonstrated on this website, and/or any of videos, MP4s, MP3s and training manuals offered on this website, you fully assume the risk of any resulting injury. Such injuries include but are not limited to:

- Bruising, cuts and general soreness
- Muscle and tendon injuries
- Ligament and skeletal injuries
- Fractured or broken bones
- Concussions
- Heart attack

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