



the BEHAN PROTOCOL
FOR BETTER BACK AND SPINE HEALTH

- LIABILITY WAIVER -

I have voluntarily joined “the Behan Protocol” to improve my level of health and fitness through physical activity. This physical activity is completely voluntary. Even with “the Behan Protocols’ strict emphasis on safety, I understand all physical activity brings with it a risk of injury. I fully understand that I may injure myself as a result of my participation in the said exercise program, and I, _____ and my heirs, executors and assigns, fully release “the Behan Protocol” and my instructor from claims, demands, judgments and causes of action arising from my participation in said exercise program, (at home, outdoors, in a studio or in a corporate, commercial, residential or fitness facility). This release covers current and future liability including, but not limited to, muscle strains, sprains, heart attacks, strokes, broken bones, knee injuries, lower back injuries, foot injuries, or any other illness, injury or soreness, however caused, during or after my participation in the said exercise program with the exception of only injury caused by gross negligence or intentional acts.

I am willing to accept complete responsibility for my health and well-being in the said voluntary exercise program and understand “the Behan Protocol” assumes no responsibility.

My signature confirms that I have read and fully understand the above.

Client signature: _____

Date: _____