

### Suggestions/Safety Precautions:

For best results we suggest you complete the workout every 2nd day taking a day off in between or doing a lighter workout on your days off.

Make sure to eat a healthy diet with a balance of complex carbohydrates, protein and fat. Also drink lots of water to ensure you are adequately hydrated for your workout. If you are looking to lose weight then we strongly suggest you also contact a nutritionist or dietician for advice on caloric intake and diet.

Feel free to modify any of the exercises as you need to for your own level of fitness. We will also provide modifications during the workout.

### Warning & Waiver:

Before beginning any exercise program, it is recommended that you first consult a physician or other qualified health care provider. A physician or other health care provider can determine what type of exercise, the frequency, and intensity are appropriate for you. A physician or other health care provider may be able to recommend an exercise program that will cater to a person's specific health concerns and needs.

### By taking part in Cardio Blast I acknowledge the following:

- I certify that I am in good health and have had a physical examination conducted by a licensed physician to determine my readiness to participate in Cardio Blast.
- I understand that I should stop the workout at any time should I feel unusual discomfort or fatigue. Immediately upon experiencing any such symptoms or if I so choose, I should inform my physician regarding any of these issues.
- I understand that there exists the possibility of adverse changes during exercising. These changes could include abnormal blood pressure, fainting, disorders of heart rhythm, stroke, and very rare instances of heart attack or even death. ETS has made every effort to minimize these occurrences by precautions and safety cues provided during exercising. I understand that there is risk of injury, heart attack, stroke or even death as a result of my exercising, but knowing those risks, it is my desire to proceed with the workout.
- I understand that there are other remote risks that may be associated be exercising and it is still my desire to proceed with the workout.
- I, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless Cardioblast.com, Energy Training Systems and Alex Kotai and their representatives and agents for any injury, loss or damage to my person or property howsoever caused, arising out of or in connection with my taking part in Cardio Blast and notwithstanding that the same may have been contributed to or occasioned by the negligence of Cardioblast.com, Energy Training Systems or Alex Kotai or their representative or agents.

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