



HOMETOWN HEROES SPORTS TRAINING VIDEO DISCLAIMER

Hometown Heroes Sports, LLC strongly recommends that you consult with your physician before beginning any training program.

You should be in good physical condition to be able to participate in the exercises in this training video series. If, during training, you experience any pain, stop immediately, and if you think you may have a medical emergency, call your doctor or 911 immediately.

You should understand that when participating in any exercise or training program, there is the possibility of physical injury. Any exercise or training method utilized based on information presented in this video series is done at your own risk. The creators, producers, performers, participants and distributors of this video series disclaim all warranties, express or implied, and are not liable for any direct or indirect damages that may arise out of use of this video series, from the performance of the exercises demonstrated or the information contained therein, including but not limited to any injuries incurred while using the video series.