



### **Disclaimer before purchase:**

While the templates were designed to provide a high quality training program to almost all individuals training for powerlifting, they do have their limitations. Please read through these before purchase so that you know what you're getting and what you're not getting:

- 1.) The templates were built and tested in Microsoft Excel. They have been thoroughly beta-tested and should not be at all buggy or problematic in function. However, because they were built in Excel, we cannot guarantee that they will work to their full capacity in other spreadsheet software programs such as Google Docs. In fact, some of the drop-down menus may not work at all in other applications, so we *highly* recommend you use the templates in Microsoft Excel and cannot guarantee their function in any other program.
- 2.) The Powerlifting Hypertrophy Templates are designed for exactly what their name implies. We can very much guarantee a high likelihood of great results if they are used for the three possible outcomes that a powerlifting hypertrophy phase can address:
  - a. Gaining muscle for powerlifting
  - b. Raising work capacity for powerlifting training
  - c. Sparing muscle needed to produce force in the powerlifts during a fat loss phase

We cannot remotely guarantee any results if the templates are purchased and used for strongman, bodybuilding, team sports, or any other non-powerlifting application. If you purchase them for such an application, they may still work well, but we cannot place any guarantees behind their function when it is outside of their designed intent.

- 3.) In order to qualify for the templates (and by signing the waiver you agree to the truth of this statement), you must have *at least* 6 months of training experience in powerlifting. These templates are not designed for lifters completely new to the sport, so they are not appropriate for use by such lifters. There are two main reasons that these templates are not appropriate for total beginners; technique and work capacity. First, those who have just started lifting in the squat, bench press, and deadlift need the eyes of a coach (usually in-person) to establish a stable base of technique. This requires a constant stream of corrections and adjustments, and is not compatible with the repetitive nature of hypertrophy training. Secondly, those brand new to lifting have not yet built up the capacity to perform the needed work to survive the hypertrophy template's baseline volume. Were they to use the templates, their poor work capacity puts them at risk for poor results, overreaching, overtraining, injuries, and possibly even acute physiological damage from rhabdomyolysis. If you've been powerlifting longer than 6 months (training the squat, bench and deadlift that long), we'd love to build you a template. If you

haven't yet been training for that long, we highly recommend you find a powerlifting coach in your area and work with them to build your technique and work capacity base.

Many of the FAQ questions assume you've been lifting long enough to know the basics. For example, the exercises listed come with suggested video guides, but no detailed technique instruction. There is no step-by-step warmup instruction either for the same reason; the programs are only for those with more than 6 months experience and thus, those who know the basics of how to warm up and how to execute fundamental lifting techniques.

- 4.) Because of the high volume of template sales, the RP consultant will not be able to answer personal questions about template programming or exercise execution. By signing the waiver to purchase the templates, you agree to these terms and waive the benefit of being entitled to personal lifting responses and feedback. If you're interested in personal coaching, our consultants are ready to work with you on a one-to-one basis. They are some of the best in the industry, and that's not a gimmicky corporate blurb... please feel free to check their [credentials](#).

If you have some questions even after beginning your training, please feel free to join our client community on the Facebook group "RP Clients." With over 2000 members, many questions are answered by more experienced clients on a daily basis, so please feel free to post them there if you're really stuck.

**Agreement and Release of Liability**

In consideration of being allowed to participate in the activities and programs offered by Renaissance Periodization, LLC, and to use its programs and training, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge and hold harmless Renaissance Periodization, LLC and its trainers, officers, agents, and employees from any and all responsibility, liability, cost and expenses, including injuries or damages, resulting from my participation in any activities, or my use of any programs designed by Renaissance Periodization, LLC. I do also hereby release Renaissance Periodization, LLC its trainers, officers, agents and employees from any responsibility or liability for any injury or damage to myself, or in any way arising out of or connected with my participation in any activities with Renaissance Periodization, LLC or the use of any equipment of Renaissance Periodization, LLC.

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment are a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death related to said fitness activities.

(Please initial \_\_\_\_\_)

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would affect nutrient metabolism or prevent my participation or use of equipment or machinery except as hereinafter stated. I do hereby acknowledge that Renaissance Periodization, LLC has recommended to me that I obtain a physician’s approval for my participation in an exercise/fitness activity or in the use of exercise equipment and machinery. I also acknowledge that Renaissance Periodization, LLC has recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise and use of exercise and training equipment so that I might have his/her recommendations concerning these fitness activities and equipment use. I acknowledge that I have either had a physical examination and been given my physician’s permission to participate, or that I have decided to participate in activity and use of equipment, machinery, and programs designed by Renaissance Periodization, LLC without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities. In addition, I hereby represent and warrant that I am currently covered by an accident and health insurance policy.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date