

## Rhabdomyolysis Warning

People new to the pace and intensity of CrossFit workouts may be at risk of EXERTIONAL RHABDOMYOLYSIS which is a potentially lethal condition initiated by the kidneys in response to the presence of shed muscle-fiber debris and exhaust in the bloodstream due to intense exertion of the muscles. EXERTIONAL RHABDOMYOLYSIS CAN DISABLE, MAIM AND EVEN KILL YOU.

The initial onset signs of Exertional Rhabdomyolysis often go unnoticed, even by the person experiencing it. A person experiencing Exertional Rhabdomyolysis is unlikely to ask for help or notify other people around him/her that they are having symptoms. It is also unlikely that the trainer or any other individual would be able to perceive the onset of Exertional Rhabdomyolysis.

**YOU ARE RESPONSIBLE FOR HEEDING YOUR OWN BODY'S LIMITATIONS. YOU ARE RESPONSIBLE FOR SETTING YOUR OWN LEVEL OF EXERTION. DO NOT EXCEED YOUR BODY'S LIMITATIONS. ONLY YOU KNOW WHAT THESE LIMITS ARE.**

Our goal is for you to focus on safely learning proper form and technique on the skill sets comprising our workouts. It will be incumbent upon you to restrain yourself from working out at 100% of your maximum effort for at least your first eight (8) workouts with Brethren CrossFit. You may not participate in any activity at this facility until you acknowledge in writing that you are aware of, understand and assume full risk of Exertional Rhabdomyolysis that may result from performing a workout at maximum effort.

If you attest that you are ready to workout at your full effort level for the first time, you must inform the trainer(s) leading the workout that you will be exerting yourself at your maximum level of effort.

By signing this form I acknowledge that I:

- (1) Read and understood the above Warning;
- (2) Agree not to exercise at my maximum level of effort until I have trained at least eight (8) CrossFit workouts at this facility;
- (3) Acknowledge that I will or have read and understood the CrossFit Journal Articles entitled "CrossFit-Induced Rhabdo" by Greg Glassman and "Killer Workouts" by Eugene Allen. These articles are available for free download at [journal.crossfit.com](http://journal.crossfit.com) by searching "rhabdo". They are also linked on the CrossFit Laguna Beach website.
- (4) Am solely responsible for using common sense in setting my own level of intensity, and am aware of, understand and assume all risk for the possibility of Exertional Rhabdomyolysis.
- (5) Even with reasonable precautions and preparation, I may induce Exertional Rhabdomyolysis. I willingly assume this risk, and request CrossFit training regardless of potential injury.

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Client Signature

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Date