

DISCLAIMER

This website is intended for the use of Colgate University varsity athletes and is not intended to prevent or cure any physical ailment or disease.

Please understand that you perform the exercises and programs at your own risk! You are responsible for being cleared by your physician prior to beginning any exercise regimen. You are also responsible for having a spotter on all lifts. Furthermore, you are responsible to end your exercise session if you feel dizzy or nauseous.

Colgate University and the Strength & Conditioning staff will not assume responsibility for any injury incurred while performing the movements or programs contained in this website.