



## WAIVER, RELEASE, AND ASSUMPTION OF RISK FORM

Any Client under the age of 18 must have a parent or legal guardian co-sign this document. The Co-signer, along with the Client, agrees to be bound by all the terms and conditions of this document.

**I HAVE BEEN INFORMED OF AND UNDERSTAND THAT ANY EXERCISE PROGRAM IS A POTENTIALLY HAZARDOUS ACTIVITY. I ALSO HAVE BEEN INFORMED OF AND UNDERSTAND THAT ANY FITNESS ACTIVITIES INVOLVE A RISK OF INJURY, AS WELL AS ABNORMAL CHANGES IN BLOOD PRESSURE, FAINTING, AND A REMOTE RISK OF HEART ATTACK, STROKE, OTHER SERIOUS DISABILITY OR DEATH. I AM VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES AND USING EQUIPMENT WITH FULL UNDERSTANDING OF THE DANGERS INVOLVED. I AGREE TO ASSUME AND ACCEPT ANY AND ALL RISKS OF INJURY, REGARDLESS OF SEVERITY, OR DEATH.**

I have been advised that an examination by a physician should be obtained by anyone prior to increasing the amount of regular physical activity performed. If I have chosen not to obtain a physician's consent prior to beginning this fitness program, I understand that I am doing so at my own risk. In any event, I assume the risks associated with any and all fitness related activities in which I participate.

I understand that all information and services provided by Body Basics Boot Camps (the "Trainer") is of a general nature and is provided for educational purposes only. The information and services provided by the Trainer is not a diagnosis or treatment plan and is not intended to provide specific medical advice.

I may provide some or all of the equipment to be used in my fitness program, and I acknowledge that the Trainer has not inspected my equipment. I assume all risks associated with the location, design, and material condition of the equipment belonging to the Trainer or to myself. I agree to hold the Trainer harmless from any loss or damage (including, but not limited to reasonable attorney fees) that I sustain resulting from the location, design, material condition, or use of the equipment belonging to the Trainer or to myself.

This Waiver and Release of Liability includes, without limitation, injuries which may occur as a result of

- (a) equipment belonging to Trainer or to myself that may malfunction, slip, fall or break;
- (b) any improper maintenance of equipment or facilities;
- (c) any hazardous condition that may exist on the premises and the surrounding property;
- (d) Trainer's instruction or supervision on unfamiliar equipment and
- (e) Trainer's failure to instruct or supervise.

I am waiving any right I or my successors might have to bring a legal action against the Trainer for any risks in an exercise program. Any parent or legal guardian co-signing below also agrees to save and hold the Trainer harmless on any and all claims asserted by the Client relating to the inherent risks associated with fitness training. This save and hold harmless provision shall include, but not be limited to any and all claims and costs associated therewith, and reasonable attorney fees.

Should any portion of this agreement be found to be invalid, the remaining portions shall remain in full force and effect. I have read this document and fully understand that it is a release of liability. Any questions concerning this document have been answered to my satisfaction, and I have entered into this agreement voluntarily.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Co-signer Signature \_\_\_\_\_ Date \_\_\_\_\_  
(if applicable)