



Agreement & Release of Liability

I, the undersigned, represent:

1. I understand and am aware that strength, flexibility and aerobic exercise including the use of equipment is 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.

2. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, or other illness that would prevent my participation or use of equipment or machinery except as hereinafter stated. I also acknowledge that it has been 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. 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 such activities and use of equipment and machinery without the approval of my physician and do hereby assume all responsibilities for my participation and activities, and utilization of equipment and machinery.

Name: _____

Signature: _____

Email: _____

Home Address: _____

Date: _____