

# Waiver and Release of Liability

upperlevelfit@gmail.com

I, the undersigned, understand that any exercise program, including but not limited to aerobic, anaerobic, flexibility, and strength exercises, whether equipment is used or not, whether indoors, outdoors, or virtual involves potentially hazardous activities that may result in injury or even death. I am voluntarily participating in these activities, and using equipment and facilities, with full knowledge of the dangers involved. I expressly assume and accept any and all risks associated with my participation.

I am aware of my own health and physical condition. I hereby affirm that I am in good physical condition and do not suffer from any mental or physical disability, condition, disease, impairment, or other illness which would prevent or limit my participation or use of equipment. I represent that I have either had a physical examination and have been given my doctor's permission to participate, or that I have decided on my own free will, with full understanding and assumption of the risks involved, to participate and use equipment without my doctor's approval.

I, on behalf of myself and my heirs, assignees, guardians, and legal representatives, hereby release my personal trainer or group fitness instructor from any and all claims, demands, and causes of action for injury, damage or death arising from my participation in any exercise program or activity.

I agree to grant permission for my personal trainer or group fitness instructor to use photos, videos, motion pictures, recordings and testimonials for informational or promotional use.

I CERTIFY THAT I AM 18 YEARS OF AGE OR OLDER AND I HAVE READ THE TERMS ABOVE AND INTEND TO BE LEGALLY BOUND THEREBY.

BY REPLYING **"I AGREE"** IN LIEU OF SIGNING THIS AGREEMENT, I INTEND FOR MY AGREEMENT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF LIABILITY TO THE FULLEST EXTENT ALLOWED BY LAW.

PARTICIPANTS UNDER 18 MUST PROVIDE A STATEMENT OF CONSENT FROM PARENT/GUARDIAN GRANTING PERMISISON TO PARTICIPATE.