



Agreement and Release of Liability

Training sessions include various exercise programs involving various activities. Example of activities are cardiovascular system, heart rate, muscle strength, endurance, flexibility, circuit training, circuit machinery, and any other training activities, techniques, and/or exercises.

In consideration of participating in the activities and programs of Super Starr fitness and health Inc. and to use its facility, equipment, and machinery, I do hereby waive, release and forever discharge Starr Gamble, representatives, volunteers, physical fitness instructors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities or my use of equipment or machinery in the above-mentioned facilities or out of my participation in any activities at said facility. I do also hereby release all of those mentioned and any others action upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of Super Starr fitness and health Inc. or the use of any equipment at Starr Gamble's Personal Training Gym _____ (Please Initial).

I understand and am aware that strength, feasibility, 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. _____ (Please initial).

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any of the activities and programs of Super Starr fitness and health Inc. or use of equipment or machinery except as hereinafter stated. At time of contract signing and prior to training session.

I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in an exercise/fitness activity or in the use of exercise equipment and machinery. 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 recommendations concerning these fitness activities and equipment use.

I acknowledge that I have either had a physical examination and have been given any physician's permission to participate, or that I have decided to participate in activity and/or use of equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities. _____ (Please initial)

ATTACHMENT

Client has read and executed the full disclosure of physical conditions/informed consent health questionnaire, and the personal training agreement form, which is attached. _____ (Please initial).

Print Name: _____ **Signature:** _____

Date: _____