

# Liability Release Form

I, \_\_\_\_\_ do hereby declare myself physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any activities sponsored by FitJunkie Premier Personal Training.

I do hereby acknowledge that I have been informed of the need for a physician's approval before engaging in any type of physical activity and/or program designed by FitJunkie Premier Personal Training. (Please Initial: \_\_\_\_\_)

I do clearly understand that FitJunkie Premier Personal Training providing and maintaining a fitness and wellness program for me does not constitute an acknowledgement, representation, or indication of my physiological well-being or a medical opinion relating thereto, I have been informed of, understand, and am aware that strength, flexibility, and aerobic training, including any and all exercise apparatus is potentially hazardous. (Please Initial: \_\_\_\_\_)

Therefore, I am voluntarily participating in any activity and/or program with full knowledge and understanding that risk is involved. (Please Initial: \_\_\_\_\_)

I do hereby waive, release, and discharge FitJunkie Premier Personal Training and its officers, agents, employees, representatives, executors, including but not limited to trainers acting on behalf on FitJunkie Premier Personal Training from any and all responsibility for liability for injuries or damages sustained while training. (Please Initial: \_\_\_\_\_)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_