



Outlaw Training and Fitness Waiver Form

I understand that physical exercise can be strenuous and subject to risk of serious injury, you are urged to obtain a physical examination from a doctor before participating in any exercise activity. You (**Print Full Name**) (_____) agree that if you engage in any physical exercise or activity, you do so entirely at your own risk.

Specifically, (**Full Name**) (_____) agrees to hold harmless **Outlaw Training and Fitness** and all other individuals, organizations, sponsors, promoters, operators, hosts, instructors, associations, schools, owners, officials, directors, employees and other participants connected with the event from all losses, damages, injuries, causes of actions, claims, or complaints in the event that the participant is damaged or injured in any way during the participation, instruction and/or performance of any exercise or during any activity associated with the event location or during transit to or from the event.

Any recommendation for changes in diet including the use of food supplements and weight reduction products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and assume all risks of injury, illness or death.

This waiver and release of liability includes, without limitation, all injuries which may occur as a result of: (a) your participation in any activity or personal training session / class and (b) instruction, training, supervision, or dietary recommendations by your personal trainer.

You acknowledge that you have carefully read this "**waiver and release**" and fully understand that it is a release of liability. You expressly agree to release and discharge your personal trainer/coach from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against your trainer for personal injury or property damage. To the extent that statute or case law does not prohibit release for negligence, this release is also for negligence on the part of the personal trainer.

(**Full Name**) _____ agrees that any pictures, audio, or visual recordings taken of him/her in connection with the seminar can be used for publication, promotion, articles, shows and advertisement without additional consent and without compensation at this time or any other time.

I have read and understand this release and agreement and agree to its provisions. I am not under their influence of any drugs, alcohol, or other intoxicants. I am not suffering from any illness or incapacity. I am over 18 years of age. (If not over 18 years of age, parent or guardian must sign.)

Signature : _____ **Date:** _____

Parent / Guardian : _____ **Date:** _____