



4 MUST HAVE PROVISIONS IN YOUR LIABILITY WAIVER

- MUST NAME EVERYONE-** “In consideration of being allowed to participate in the activities and programs of YOUR GYM, and to use its facilities, equipment and machinery in addition to the payment of any fee or charge, I, for myself, my heirs and assigns, hereby waive, release, and forever discharge YOUR GYM, YOUR NAME, NAME OF ALL OWNERS, and their officers, agents, employees, independent contractors, representatives, executors and all others from any and all, responsibilities or liability from injuries or damages resulting from my participation in any activities or my use of equipment, classes, or machinery in the above mentioned activities.”

- ACKNOWLEDGEMENT OF DANGER-** “I recognize and understand these training sessions are not without varying degrees of risk, which may include, but are not limited to the following: Injury to the musculoskeletal and/or cardiorespiratory systems, which can result in serious injury or death, injury or death due to negligence on the part of myself, my training partner, my trainer, or other people around me, injury or death due to improper use or failure of equipment, or injury or death due to a medical condition, whether known or unknown by me.”

- ACCEPTANCE OF RESPONSIBILITY -** “I willingly assume full responsibility for any and all risks that I am exposing myself to as a result of my participation in this fitness or training program and accept full responsibility for any injury or death that may result from my participation.”

- WAIVE LIABILITY -** “I have fully read and fully understand the foregoing assumption of risk, and release of liability and I understand that by signing, it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by any negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights. I have been provided an opportunity to ask any questions regarding this form and any fitness related program, as well as questions for clarity. By signing, I am verifying that I have received adequate and sufficient answers to all of my questions.”

