



Waiver Form

This form is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is crucial that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided at the bottom.

Waiver and Covenant Not to Sue

I, _____ have volunteered to participate in a program of physical exercise under the direction of Rush-Hour Personal Training, which will include, but may not be limited to, weight and/or resistance training. In consideration of my agreement to instruct, assist and train me, I do hereby release and discharge and hereby hold harmless Rush-Hour Personal Training, and their respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of actions or causes for action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting therefrom.

Assumption of Risk

I, _____ recognise that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure, fainting, disorders in heartbeat, heart attack, and in very rare instances, death.

I understand that as a result of my participation in an exercise program, I could suffer an injury or physical disorder that could result in my becoming partially or totally disabled and incapable of performing gainful employment or having a normal social life.

I recognise that an examination by a physician should be obtained by all participants prior to involvement in any exercise program. If I, _____ have chosen not to obtain a physician's permission prior to beginning this exercise program with Rush-Hour Personal Training, I hereby agree that I am doing so at my own risk.

In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercise in which I participate.

I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand that results are individual and may vary.

Participant's signature

Date

Please print name