

m&mXtreme Fitness

Informed consent- Release of Liability

*****Please read carefully******

I, _____ (name of participant), in consideration of being allowed to participate in the m&mXtreme personal trainings and use of facilities, I do forever waive, release, and discharge m&mXtreme and all others acting on their behalf from any and all claims or liabilities for injuries or damages to my person and/or property, including those caused by negligent acts or omission of any of those mentioned or others acting on their behalf arising out of or connected with my participation in this activity, and I hereby agree to submit any and all claims to binding arbitration and abide by the judgement of that arbitration.

_____ (Please initial)

I fully understand that I may injure myself as a result of my participation in this activity and forever waive release and discharge m&mXtreme and all others acting on their behalf from any liability now or in the future, including but not limited to muscle or ligament tears, strains, pulls, broken bones, dislocations, joint problems, shin splints, heat exhaustion, knee, back, hip, or foot injuries, as well as the potential for heart attack, paralysis or death, however caused, occurring during or after my participation in trainings, bootcamps, exercise classes and subscribed workout programs.

_____ (Please initial)

I declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation in this activity. I understand that a medical examination to assure my physical fitness is desirable and obtaining such examination is my own responsibility. I acknowledge that I have had a physical examination and have been given my physician's permission to participate in this activity or I have decided to participate in this activity without the approval of my physician and do assume all responsibility for my participation in this activity. I fully understand that I am forever giving up, in advance, any right to sue or make claim against the parties I am releasing, if I suffer any injuries or damages, even though I do not know what or how extensive those injuries or damages might be. I am voluntarily assuming the risk of those injuries or damages.

_____ (Please initial)

Additionally, I declare and understand m&mXtreme to be writing programs and assuming role of nutritionist not a registered dietician. Their knowledge and meal planning advice are for competition preparation and any other goals of clients or competitors and they are directed to seek advice from his/her doctor regarding diet and overall health prior to and post competition or training.

_____ (Please initial)

I understand that m&mXtreme Training and all others acting on their behalf, providing and maintaining a fitness class, bootcamp, personal training, and other bodybuilding related activities does not constitute an acknowledgment, representation, or indication of my physiological well-being or a medical opinion relating thereto.

_____ (Please initial)

In signing this release, I acknowledge and represent that I read the foregoing waiver of liability form, understand it and sign it voluntarily as my own free act and deed and am not under any physical or emotional duress to sign it. I am at least eighteen (18) years of age and fully competent. In case of emergency, I agree to allow the above parties to call for emergency medical assistance and am aware that I am financially responsible to those medical services.

_____ (Please initial)

Print Name _____

Signature _____ **Date** _____

Email Address _____ **Phone #** _____

Emergency Contact _____

Phone _____ **Relationship** _____