

## **INFORMED CONSENT WAIVER & RELEASE OF LIABILITY**

THIS MEMBERSHIP AGREEMENT CONTAINS A WAIVER & RELEASE OF LIABILITY AND INDEMNITY AGREEMENT TO WHICH YOU WILL BE BOUND AND UNDER WHICH YOU WILL BE WAIVING IMPORTANT LEGAL RIGHTS. PLEASE READ OVER, SIGN ELECTRONICALLY BELOW AND SUBMIT.

***The Christianer Training Revolution* recommends that you seek the advice of your physician prior to starting an exercise program or increasing the intensity of an existing program.**

I assume this responsibility as indicated by my below signature and if I choose to, will act on this advice prior to the implementation of any recommendations made by *the Christianer Training Revolution*. I hereby affirm that, to the best of my knowledge, I do not suffer from any condition that would prevent or limit my participation in this fitness program and have not withheld any related information from *the Christianer Training Revolution*.

In the event that through screening, I have been determined to be other than apparently healthy, I have been given a physician's release, as required by *the Christianer Training Revolution* to exercise. I am taking no medications that may adversely effect my fitness activities, and this release, with or without physician's restrictions, has been given to *the Christianer Training Revolution*. In addition, I acknowledge that if my health changes, it is my responsibility to recognize the change and seek medical advice to help me decide if my continued participation in the fitness program or any part of the fitness program is still right for me.

I fully understand that I may injure myself as a result of my participation in *the Christianer Training Revolution* fitness program and I hereby release *the Christianer Training Revolution*, its Board, employees and agents, from any liability now or in the future for any injury. Injuries may include, but are not limited to, heart attacks, death, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and any other illness, soreness, or injury, however caused, occurring during, or after, my participation in the fitness program offered, unless caused by the trainer's recklessness or intentional misconduct.

In consideration of my participation in *the Christianer Training Revolution* fitness program, I, for myself, my personal representatives, administrators, heirs and assigns, hereby holds harmless *the Christianer Training Revolution*, its Board, employees and agents, from any claims, demands, and causes of action, to include reasonable legal expenses and attorney's fees arising from my participation in the fitness program, unless caused by the trainer's recklessness or intentional misconduct.

