



I, \_\_\_\_\_, have enrolled in a program of strenuous physical activity, including, but not limited to, traditional aerobics, plyometrics, weight training, stationary, road, or mountain bicycling, and the use of various aerobic/anaerobic-conditioning machinery, methods, and/or equipment offered by **FITNESS EXCELLENCE®**, LLC. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program.

In consideration of my participation in the **FITNESS EXCELLENCE®**, LLC Personal Training Program, I, \_\_\_\_\_, hereby release **FITNESS EXCELLENCE®**, LLC from any liability now or in the future including, but not limited to heart attacks, 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 Training Program.

I hereby affirm that I have read and fully understand the above.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Signature of Parent or GUARDIAN  
(for participants under the age of 18)

\_\_\_\_\_  
Date