



Waiver & Release Form

Because both strength and athletic training can be strenuous and subject to risk of injury, we urge you to obtain a physical examination from a physician before using any exercise equipment or participating in any exercise activity or program. You agree that by participating in strength and athletic training activities, you do so entirely at your own risk. Any recommendation for changes in diet including the use of food supplements, weight reduction and/ or body enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury, illness, or death. We are also not responsible for any loss of your personal property.

You acknowledge that you have been fully informed of, understand, and have answered the health/medical survey questions fully and truthfully. You have disclosed all past and current medical conditions that you are aware of, (whether diagnosed or otherwise) and you represent that you have disclosed any and all past injuries, including muscle pulls, sprains, fractures, surgeries, back pain, or general discomfort that you experience or have experienced. You also represent that you have disclosed truthfully all medications that are prescribed to you by your physician(s).

Additionally you acknowledge that you have carefully read this "waiver and release" and fully understand that it is a release of liability. You expressly agree to release and discharge Arete' Strength , the coach or instructor from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against Arete' Strength, the coach or instructor for personal injury or property damage.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, you acknowledge that you understand its content and that this release cannot be modified, except in writing by you and Arete' Strength.

Signed: _____

Print Name: _____

Acknowledged and consented to the _____ day of _____, 20_____

Signature of Parent or Guardian: _____
Clients under 18 years of Age