



Health & Fitness Liability Waiver/ Informed Consent

- A. "I \_\_\_\_\_, have enrolled at Ritch's Personal Training. I recognize that exercising/tumbling at Ritch's Personal Training may involve strenuous physical activity including but not limited to, muscle strength and endurance training, cardiovascular conditioning, and other various fitness activities. I hereby affirm that I am in good physical condition and I don't suffer from any know disability or condition which would prevent or limit my participation in the exercise program's offered at Ritch's Personal Training. I acknowledge that my enrollment and subsequent participation is purely voluntary and in no way mandated by Ritch's Personal Training."
  
- B. " In consideration of participation in this program, I \_\_\_\_\_ hereby release Ritch's Personal Training and its employees from any claims, demands and causes of action as a result of my voluntary participation and enrollment"
  
- C. " I fully understand that I may injure myself as a result of my enrollment and subsequent participation in the programs at Ritch's Personal Training and I, \_\_\_\_\_ - hereby release Ritch's Personal Training and it's employees from liability now and in the future for conditions that I may obtain. These conditions may include but are not limited to heart attack, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees/back/feet, or any other illness or soreness that may incur, including death"

Please sign below stating that you have read and understand the above.

\_\_\_\_\_  
**Signature of Participant** \_\_\_\_\_  
**Date**

If participant is under 18:

As legal guardian of \_\_\_\_\_, I consent to the above terms and conditions.

\_\_\_\_\_  
**Signature of Parent/Guardian** \_\_\_\_\_  
**Date**