

## *Liability Waiver*

This agreement applies to personal injury, which I understand may arise due to my voluntary participation in exercise activities, and any and all claims resulting from personal bodily injury while utilizing the services of my personal trainer, Robert Freschlin of Iron Lion Fitness LLC \_\_\_\_\_ (*trainer's name*), herein referred to as 'My Trainer'.

I fully understand that I may injure myself as a result of my participation in the fitness program of My Trainer. 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 My Trainer's recklessness or intentional misconduct.

In consideration of my participation in My Trainer's fitness program, I, for myself, my personal representatives, administrators, heirs and assigns, hereby holds harmless My Trainer, 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 My Trainer's recklessness or intentional misconduct.

I hereby release My Trainer, its Board, employees and agents, from any liability now or in the future for any injury that I may sustain as the result of participation in My Trainer's fitness training programming.

x \_\_\_\_\_ Date: \_\_\_\_\_

*Participant Signature*