

**Hardbody Fitness**  
**RELEASE AND WAIVER OF LIABILITY**

I, \_\_\_\_\_ here by agree to the following:

1. That I am participating in the Health & Fitness Classes, Programs or Workshops offered by Mark Anderson/Hardbody Fitness during which I will receive information and instruction about health and fitness. I recognize that fitness programs require physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Health & Fitness Classes, Programs or Workshops. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in the Exercise Classes, Health Programs or Workshops.

3. In consideration of being permitted to participate in the Health & Fitness Classes, Programs or Workshops, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

4. In further consideration of being permitted to participate in the Health & Fitness Classes, Programs or Workshop, I knowingly, voluntarily and expressly waive any claim I may have against Mark Anderson/Hardbody Fitness for injury or damages that I may sustain as a result of participating in the program.

5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Mark Anderson/Hardbody Fitness for any injury death caused by their negligence or other acts.

6. I hereby grant **Mark Anderson/Hardbody Fitness** permission to use my photograph in any and all publications including websites and social networks, without payment or any other consideration in perpetuity. I hereby authorize **Mark Anderson/Hardbody Fitness** to edit, alter, copy, exhibit, publish or distribute my photo. I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my photo appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

DATE \_\_\_\_\_ SIGNATURE OF PARTICIPANT \_\_\_\_\_

If participants are under 18:  
AS LEGAL GUARDIAN OF \_\_\_\_\_, I CONSENT TO THE ABOVE TERMS AND  
CONDITIONS.

Date: \_\_\_\_\_ SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_

First Name \_\_\_\_\_ Last Name: \_\_\_\_\_

Phone Contact: \_\_\_\_\_ Email: \_\_\_\_\_

How did you hear about **HARDBODY FITNESS**? \_\_\_\_\_