

## Liability Release Waiver



♦ **ALL PARTICIPANTS MUST READ AND SIGN.** ♦

Welcome to this program presented by Jana Dunson-Martin, Team Martin Enterprises, LLC dba JanaFit.com. A portion of this program will involve the performance of a variety of exercise routines and strenuous physical activity. This document is a waiver and release and by signing it you:

1. Realize that there are risks and the possibility of accidental or other physical injury associated with physical exercise including, but not limited to, musculoskeletal injury, cardiovascular complications, and even death.
2. Recognize that the trainer/instructor, Jana Dunson-Martin, cannot fully evaluate your physical abilities and medical limitations as they pertain to participation in this program.
3. Assume full responsibility for determining your ability to engage in strenuous activity, and seeking advice from a medical doctor if you deem it necessary.
4. Recognize that you are solely responsible for determining if there are any safety hazards present at the training site, and
5. **Assume the risk of, and forever release and hold the instructor/trainer harmless, for any liability from any physical or other injury or harm suffered by you while participating in this live or on-line program; and**
6. **Agree that neither the instructor/trainer nor the host facility nor any other person/organization involved in organizing or conducting this program shall have any liability or responsibility for any present or future injury or harm.**

I HAVE CAREFULLY READ THIS WAIVER AND FULLY UNDERSTAND IT AS A RELEASE OF LIABILITY, AND VOLUNTARILY AGREE TO THE ABOVE.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Email