

Personal Liability Waiver and Assumption of Risk

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Please read and complete the following statement, which must be on file for you to participate. Thank you for your understanding.

I, _____, an individual over the age of eighteen, do hereby willfully and knowingly waive any and all personal liability claims against SIMPLE Fitness/Basic Training and/or its representatives, agents or any successor entity, which may arise due to my participation in the Basic Training Program. I assume all responsibility for my participation in said program. I understand that this is a strenuous and demanding exercise program. I have been advised to confer with a physician if I have any concerns regarding my ability or susceptibility to injury, to determine that I am fit and able to participate in such a program. I intend for this statement to be binding upon my successors and heirs, and hereby agree to hold SIMPLE Fitness/Basic Training and/or its representatives, agents or any successor entity harmless for any and all expenses and/or judgments that may arise, including, but not limited to, reasonable attorney's fees and court costs.

I have read and understand the foregoing personal liability waiver and assumption of risk statement.

Please Initial the Following:

_____ I agree that I will not consume alcohol during Basic Training. Any violation will result in 20 push-ups per occurrence.

_____ I agree to not use foul language during Basic Training. Any violation will result in 20 push-ups per occurrence.

_____ I agree to not eat or say the words "Tim-bits, Krispy Kreme donuts, frappuccinos, French-fries, ice cream, Slurpees, chocolate bars, chips, pop, pies, pastries" during the course of Basic Training. Any violation will result in 20 push-ups per occurrence.

_____ I agree to show up for Basic Training every day unless it is an excused absence from by doctor or pre-approved with Basic Training directors. Any violation will result in 20 push-ups per occurrence.

_____ I understand that under *no circumstances* is video or photography to be taken by anyone, except by SIMPLE Fitness/Basic Training personnel. Photos or video may be taken during the course of my involvement in Basic Training, however "before and after" photos will not be used for any promo purposes unless authorization is granted.

_____ **I understand there is no refund policy.**

_____ I will remember to set my alarm and be at Basic Training **ON TIME**.

Signature

Print

Date

(If under 18, parent or guardian must sign)