**WAIVER AND RELEASE OF LIABILITY**

**In exchange for your participation in personal fitness training organized by Bucks Strength & Fitness (“Bucks Strength”) and/or use of property and services secured by Bucks Strength & Fitness, which property may be owned or managed by an affiliate of Bucks Strength, you agree to the following:**

Physical exercise can be strenuous and subject you to risk of serious injury. You are urged to obtain a physical examination from a doctor before participating in any exercise activity. You agree that if you engage in any physical exercise or activity related to the personal fitness training organized by Bucks Strength, you do so entirely at your own risk.

It is entirely your responsibility to accept, in whole or in part, any recommendation for changes to your diet, including the use of food supplements and weight reduction products, and you should consult a physician prior to undergoing any dietary or food supplement changes or the use of food supplements. If you do make any changes in diet, or use any food supplements or weight reduction products, you agree that you do so entirely at your own risk. You further agree that you are voluntarily participating in all activities related to personal fitness training and assume all risk of injury, illness or death.

You acknowledge that you have carefully read this “Waiver and Release of Liability” and fully understand that it includes a **waiver and release of liability**. You expressly agree on behalf of yourself (and all your representatives, heirs, executors, administrators and assigns) (a) to release and discharge Bucks Strength, your personal trainer or trainers and any of their respective affiliates from any and all claims or causes of action (known or unknown) and (b) you agree to voluntarily give up or waive any right that you may otherwise have to bring legal action against Bucks Strength, your personal trainer or trainers and any of their respective affiliates, in all cases including claims for personal injury, negligence or property damage. This release of liability includes, without limitation, all injuries which may occur as a result of: (a) your participation in any activity or personal training session and (b) instruction, training, supervision or dietary recommendations by your personal trainer or personal trainers.

You (on behalf of yourself and all your representatives, heirs, executors, administrators and assigns) further agree to indemnify and hold harmless Bucks Strength, your personal trainer or trainers and any of their respective affiliates from any and all liabilities or claims with respect to any personal training activities.

If any portion of this Waiver and Release of Liability shall be deemed by a court of competent jurisdiction to be invalid, then the remainder of this agreement shall remain in full force and effect and the offending provision or provisions severed here from.

**By signing this Waiver and Release of Liability, I acknowledge that I have carefully read it and fully understand that it is a release of liability, express assumption of risk and indemnity. I understand its contents and further understand that this agreement cannot be modified orally. I have read and voluntarily signed this Waiver and Release of Liability and further agree that no oral representations, statements, or inducement apart from the foregoing written agreement has been made.**

Name (print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Client Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian Signature (if Client Under 18): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_