

EXERCISE RELEASE

I, _____, hereby verify that I understand and will adhere to the following terms and conditions at { } :

- The inherent risks of exercise have been adequately explained to me. I have been given the opportunity to ask questions. I understand that improper exercise and overexertion can lead to injury, illness, and even death. I accept the risks.
- I release and hold harmless the { } and agree not to sue or charge them in the event of loss or damage of my person or property.
- The equipment used at this {gym/} has been adequately explained to me. I have been trained in the proper use, cleaning, and stowing of the equipment. I understand that I use this machinery at my own risk, and that improper use can result in injury or death.
- I have consulted my physician and received approval to engage in the exercise prescribed in this {gym} or else I have declined the recommendation to do so.
- I agree to stop exercising if I become injured, weak, too tired, dizzy, or in pain.
- I am 18 years or older, or else I have permission to participate from a legal guardian.

(Signature)

(Date)

(Legal Guardian Signature)

(Address)

(Printed Name)

(Phone Number)