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WAIVER FORM

This is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical that you understand it completely. After you have done so, please print your name legibly and sign in the space in the space provided at the bottom.

Waiver and Covenant Not to Sue

I, _____ have volunteered to participate in a program of physical exercise under the direction of Dave & Simon which will include, but may not be limited to, weight and/or resistance training. In consideration of Dave & Simon's agreement to instruct, assist, and train me, I do here and forever release and discharge and hereby hold harmless Dave & Simon from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from.

Assumption of Risk

I, _____ recognise that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure, fainting, disorders in heartbeat.

I recognise that all participants prior to involvement in any exercise program should obtain an examination by a doctor. If I, _____ have chosen not to obtain a doctors permission prior to beginning this exercise program with Dave & Simon, I hereby agree that I am doing so at my own risk.

In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate.

I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand from this program. I understand that results are individual and may vary.

Client's signature

Date

Please print name