



## Secure Fitness Liability Waiver

*In consideration of my use of the exercise advice provided by the company, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the company and its insurers, employees, officers, directors, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me while following the program or online training, or during use of the equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the company.*

*Initials\_\_\_\_\_*

*By accepting advice from Secure Fitness, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me, and I hereby fully and forever release and discharge the company, its insurers, employees, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said programming and online coaching.*

*Initials\_\_\_\_\_*

*I understand that the information provided by Secure Fitness is not to be used to prescribe, treat, diagnose, or cure any preexisting or future condition. Any information given by Secure Fitness is to be viewed as advice and suggestion, not treatment. I expressly agree to indemnify and hold the company harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me.*

*Initials\_\_\_\_\_*



## Secure Fitness Liability Waiver

*I agree to be solely responsible for the safety and well being of myself. I understand that the company does not provide supervision, instruction, or assistance for the use of facilities and equipment. I agree to comply with all rules imposed by the company regarding the use of the program or online coaching. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose. I understand and acknowledge that the use of exercise equipment involves risk of serious injury, including permanent disability and death.*

*Initials\_\_\_\_\_*

*I understand and agree that the company is not responsible for any serious injury, including permanent disability and death. I understand that all suggestions and advice regarding supplements and ancillaries of any kind are to be assumed hypothetical for entertainment purposes only. Secure Fitness' does not condone, promote or encourage usage of legal or illicit substances in any way. BY MOVING OFF OF THIS PAGE AND ACCEPTING FITNESS CONSULTING FROM Secure Fitness, I AGREE THAT I HAVE READ THE FOREGOING WAIVER AND RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.*

*Signature:\_\_\_\_\_*

*Date:\_\_\_\_\_*