

LATTIMORE®



Fitness and TrainSmart Performance

We strongly recommend that all participants in Lattimore Fitness & TrainSmart Performance training membership consult their physician prior to beginning an exercise program.

I, (name) _____ have enrolled in a program of strenuous physical activity including but not limited to conditioning on aerobic machines and weight training equipment offered by Latimore Fitness & TrainSmart Performance. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program.

I fully understand the dangers and risks of participation in a program of strenuous physical activity which include but are not limited to death, serious neck or spinal injuries, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, and knee/lower back/foot injuries occurring during or after my participation in the exercise program; and I understand that I may injure myself as a result of my participation in Lattimore Fitness & TrainSmart Performance training program.

In consideration of my participation in Lattimore Fitness & TrainSmart Performance's training program, I, (name) _____, individually and on behalf of my heirs, successors, assigns and personal representatives, hereby release and forever discharge Lattimore Fitness & TrainSmart Performance, its Board of Trustees, Trainers, employees, agents, and other associated persons from any and all claims of losses, damages, injuries, or costs of any kind that may arise out of or be in any way related to my participation in the personal training program, including, but not limited to, those based on negligence. I understand that this Release means that, among other things, I am giving up my right to sue Lattimore Fitness & TrainSmart Performance for any such losses, damages, injuries, or costs that I may incur.

By signing below, I acknowledge that I am at 18 years of age or older and that I have read, understand, and agree to be bound by the foregoing Release.

Signature & Date

Parent/Guardian Signature & Date *(if participant is under 18 years of age)*
