

Medical Disclosure:

1. The client certifies that he/she is physically sound and suffering from no condition, impairment, disease, infirmity, or illness that would prevent his/her participation in the **CrossFit EXP** exercise program and any exercise activity deemed acceptable under the "ACSM Guidelines for Exercise Testing and Prescription", Fifth Edition, 1995 (hereinafter, collectively termed the "activities"). 2. The client certifies that the instructor has recommended that the client has a yearly or more frequent physical examination and consultation with the client's physician prior to exercise activities and that the client has either A) been given permission from the clients physician to participate, or B) that the client has decided to participate in the activities under this agreement without the approval of the client's physician. 3. The client certifies that the client has given full and complete disclosure of all physical conditions, impairments, diseases, infirmities, or illnesses that might affect or prevent the client's participation in the activities under this agreement.

Informed consent:

1. The client enters into this agreement with full knowledge of all risks and benefits associated with the activities referenced under this agreement. The client certifies that the client is of legal age to enter into a contract, and is not mentally incapacitated. The client certifies that he enters into this agreement without duress, undue influence, and for valuable consideration. 2. The client certifies that he understands the risks associated in participating in the activities referenced under this agreement including, but not limited to physical injury resulting from the acts, omissions, and/or negligence of others. The client certifies that the client knows and fully understands the importance and relevance of all risks, and expressly and voluntarily assumes any and all risks associated with the clients participation with the activities referenced under this agreement, including but not limited to the activities of training; exercise; aerobics and aerobic conditioning and training; weight training; circuit training; cardiovascular exercise and training; use of machinery, training equipment, free weights, circuit machinery, and cardiovascular machines; stretching; weight lifting; testing, including but not limited to testing of the cardiovascular system, heart rate, muscle strength, endurance, and flexibility; and any other training activities, techniques, and/or exercises. Further, the client expressly and voluntarily assumes any and all risk associated with the client's participation in the activities referenced and included in this agreement and/or any other physical injury, due to any cause, whatsoever.

Release of Liability:

1. The client certifies that the client voluntarily agrees to participate in the activities referenced and included under this agreement, including but not limited to the activities of training; exercise; aerobics and aerobic conditioning and training; weight training; circuit training; cardiovascular exercise and training; use of machinery, training equipment, free weights, circuit machinery, and cardiovascular machines; stretching; weight lifting; testing, including but not limited to testing of the cardiovascular system, heart rate, muscle strength, endurance, and flexibility; and any other training activities, techniques, and/or exercises. The client further agrees to follow all policies, guidelines and/or rules set forth by the instructor, including those concerning the client's participation in all activities referenced or included in this agreement. 2. In consideration of the privilege in participating in the activities referenced and included under this agreement, and the training services provided by the instructor to the client, the client for himself, his heirs, assigns, administrators, executors, and/or all members of his family, including minors, waives, releases, holds harmless, and forever discharges the instructor, its successors in interest, assigns, servants, agents, employees, independent contractors, associates, officers, directors, officials, and any other participants in the activities referenced and included under this agreement, from any and all responsibility, liability, claims and demands of any kind and nature, damages, actions, causes of action of any kind, , whether now known or unknown or which the client may have now, or which may hereafter accrue to the client (collectively, the "claims"), including but not limited to claims based upon any and all physical, mental and/or emotional injury due to any cause whatsoever, including the act of omission, negligence or any other fault of the instructor, its successors in interest, assigns, servants, agents, employees, independent contractors, associates, officers, directors, officials, and any other participants in the activities referenced and included under this agreement.

CLIENT NAME: _____ DATE _____

CLIENT SIGNATURE: _____

CO-SIGNER (if under the age of 18): _____

*By signing this form I acknowledge that I have read the complete registration form its entirety or it has been read to me, and that I fully understand and agree to all the terms and conditions as they apply. I also certify that all questions and concerns regarding this agreement, the **CrossFit EXP** exercise program and sessions have been explained and answered to my complete satisfaction.*