



Kettlebell MMA Fitness
Release Form
info@kettlebellmmafitness.com



I, _____ am contracting to participate in a program of physical activity under the direction of Kettlebell MMA Fitness, which will include, but may not be limited to weight and resistance training and stretching. In consideration of Kettlebell MMA Fitness's agreement to instruct, assist, and to train me, I do here and forever release and discharge, and hereby hold harmless Kettlebell MMA Fitness and their respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, rights of action or cause of action, present or future, arising out of, or connected with my participation in this or any exercise program, including any injury resulting therefrom.

This waiver and release of liability includes, without limitation, injuries or property damage, which may occur as a result of (1) equipment that may malfunction or break, (2) any slip, fall, dropping or throwing of equipment and (3) any negligent instruction or supervision.

Assumption of Risk

I recognize that exercise might be difficult and strenuous and that there could be an inherent and unknown dangers 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; abnormal heart beat; heart attack; and, in rare instances, death. I understand that as a result of my participation, I could suffer an injury or physical disorder that could result in my becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life. I recognize that an examination by my Physician should be obtained prior to involvement in this program, 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 representation have been made to me regarding the results I may achieve from this program. I understand that results may vary, and I agree to have my likeness used for any and all promotional items, including and not limited to photo/video for social, print and electronic media.

I acknowledge that I have read this waiver and release form and fully understand that it is a release of liability. By signing this document, I am waiving any right I, or my successors, might have to bring legal actions or assert any claims against Kettlebell MMA Fitness for negligence or that of its employees, agents or contractors.

Signature _____
Email/address _____

Phone _____