



Lions Martial Arts & Fitness

I _____ have agreed to participate in a fitness workout, or other trainings offered (fitness or otherwise), using Wiemspro WB-EMS suits/vests and device. I herewith acknowledge that I fully understand the premise behind the Wiemspro WB-EMS suits and device and the training that I have chosen. I understand the inherent risks & complications but the potential benefits as well.

I acknowledge and agree that the Wiemspro WB-EMS workouts:

- Can be considered a recreational sport activity; and
- May involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities

I hereby affirm, and I affirm that each time I participate using a Wiemspro WB-EMS suit and device, that:

- I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in the workouts; and
- I am participating in the workouts voluntarily and at my own risk

I am fully aware that if I have any of the following contraindications, or diagnosed with such in the future, I am strictly forbidden to use the Wiemspro WB-EMS system: Do not use this EMS system if you:

- Have a cardiac pacemaker; implanted defibrillator or other metallic electronic devices (such use could potentially cause electric shock, burns, electrical interference, or even death)
- Have heart or coronary disease
- If you are pregnant
- Have epilepsy-have been diagnosed with cancer or undergoing chemotherapy
- Have open wounds, rashes, infected & inflamed areas (e.g.: phlebitis, thrombophlebitis)
- Have been diagnosed with rhabdomyolysis-or have any other medical pre-conditions, not listed above, that may prohibit your use of the EMS system.

Please sign here

The Wiemspro EMS system is not recommended in the following situations unless you have been cleared by a certified Medical Practitioner or Specialist. (a signed document of authorization must accompany this waiver before EMS training can commence):

- In the case of metallic implants in the body
- If you recently had a contagious disease, critical illness and or fever
- If you were recently operated upon (stimulation might slow down the healing process)
- If you are at risk of a heart attack or have high blood pressure
- If you have breast implants
- If you have high levels of uric acid
- If you have metabolic syndrome (diabetes, high blood pressure, obesity)
- If you have Inflammatory pathologies
- If you have circulatory disorder or problems
- If you have bleeding tendencies
- If you have an abdomen or inguinal hernias
- If you have any other pre-condition known to you at the time of the proposed use of the EMS system

Warning

- If you are in the care of a physician for a chronic disease, you must get approval from your doctor before using this EMS device system
 - Stimulation over the neck could cause severe muscle spasms relating in the closure of your airway, difficulty in breathing, or adverse effects on the heart rhythm or blood pressure-the long
- Term effects of electrical stimulation are unknown
- EMS Training on its own will NOT cause weight loss and fat burning and will not guarantee hypertrophy. For positive body composition changes, a personalized diet and training plan is recommended.
- If unusual symptoms occur after training with the EMS system, the use of the device needs to be stopped and a doctor needs to be consulted.

Please sign here

I hereby release Speciale Fitness; Weimspro Canada; Wiemspro SL, and their related body corporates, affiliates, successors, assignees, franchisees, licensees and their officers, agents, trainers, and employees, from any claims, demands, and causes of action, because of my voluntary participation in the workouts, to the maximum extent permitted by law. I fully understand that I may injure myself because of my participation in the Wiemspro WB-EMS workouts and I hereby release parties from any liability now or in the future for conditions that I may obtain directly or indirectly from participating in the workouts, to the fullest extent, permitted by law. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to the knees, injuries to the back, injuries to the foot, or any other illness or soreness that I may incur, including death. I hereby affirm that I have read and fully understand the above statements. I am aware that this is a release of liability and a contract between myself and my Wiemspro Trainer, Nicholas Speciale (and /or Speciale Fitness.)

Please sign here
