



I have agreed to participate in Arriba Fitness Bootcamp exercise classes. The activities of outdoor training, strength training, running, agility drills, jumping, intense cardiovascular activities and flexibility training are all part of the sessions.

I acknowledge that there are risks associated with physical activity. These include but are not limited to, those caused by terrain, facilities, temperature, weather, my physical condition, equipment, actions of other people included by not limited to, participants, volunteers and lack of hydration.

In consideration of my being accepted as a client, I agree to release and discharge Arriba Fitness and any of its employees, volunteers and supervisors, Consuelo Llobregat Lledo owner of Arriba Fitness from any injuries sustained by me as a result of participation in this program. I agree to indemnify and hold harmless Arriba Fitness and any of its employees, volunteers and supervisors, Consuelo Llobregat Lledo owner of Arriba Fitness against any liability incurred as a result of such injury or loss that may occur as a result of my participation other than as a result of Arriba Fitness's negligence.

Fitness activities and programs require that I be in good health and have no condition that could endanger my well-being through participation (other than those listed on the Physical Readiness Questionnaire) I will notify Arriba Fitness of any such defects in writing prior to attending any training session.

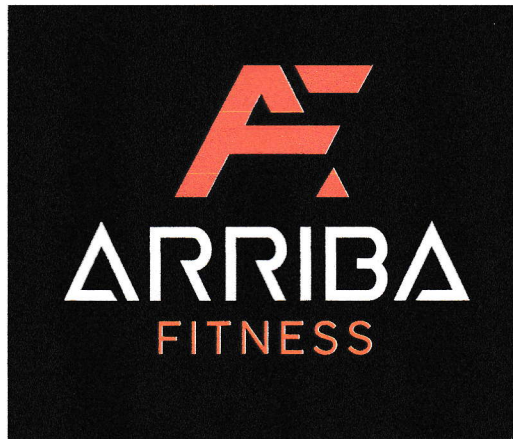
The undersigned agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of myself.

PRINTED NAME: _____

SIGNATURE: _____

EMAIL _____

PHONE: _____



Physical Activity Readiness Questionnaire (PAR-Q)

Many health benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people physical activity should not pose any problem or hazard. PAR-Q is designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. Common sense is the best guide in answering these few questions.

1. Has your doctor ever said that you have a bone or joint problems, such as arthritis that has been aggravated by exercise or might be made worse with exercise? **YES / NO**
2. Do you have high blood pressure? **YES / NO**
3. Do you have low blood pressure? **YES / NO**
4. Do you have Diabetes Mellitus or any other metabolic disease? **YES / NO**
5. Has your doctor ever said you have raised cholesterol (serum level above 6.2mmol/L)? **YES / NO**
6. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? **YES / NO**
7. Have you ever felt pain in your chest when you do physical exercise? **YES / NO**
8. Is your doctor currently prescribing you drugs or medication? **YES / NO**
9. Have you ever suffered from unusual shortness of breath at rest or with mild exertion? **YES / NO**
10. Is there any history of Coronary Heart Disease in your family? **YES / NO**
11. Do you often feel faint, have spells of severe dizziness or have lost consciousness? **YES/NO**
12. Do you currently drink more than the average amount of alcohol per week (21 units for men and 14 units for women)? **YES / NO**
13. Do you currently smoke? **YES / NO**
14. Do you NOT currently exercise on a regular basis (at least 3 times a week) and/or work in a job that is physically demanding? **YES / NO**
15. Are you, or is there any possibility that you might be pregnant? **YES / NO**

16. Do you know of any other reason why you should not participate in a physical activity programme? **YES/NO**

If you answered **YES** to any of the questions above please give details:

If you answered **YES** to one or more questions: If you have not recently done so, consult with your doctor by telephone or in person before increasing your physical activity and/or taking a fitness appraisal. Tell your doctor what questions you answered 'yes' to on PAR-Q or present your PAR-Q copy. After medical evaluation, seek advice from your doctor as to your suitability for:

- I. Unrestricted physical activity starting off easily and progressing gradually, and
- II. Restricted or supervised activity to meet your specific needs, at least on an initial basis

If you answered **NO** to all questions: If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for:

- I. A graduated exercise programme
- II. A fitness appraisal

Assumption of Risk

I hereby state that I have read, understood and answered honestly the questions above. I also state that I wish to participate in activities, which may include aerobic exercise, resistance exercise and stretching. I realise that my participation in these activities involves the risk of injury and even the possibility of death. Furthermore, I hereby confirm that I am voluntarily engaging in an acceptable level of exercise, which has been recommended to me.

Clients Name: Clients Signature: Date:

Trainers Name: Trainers Signature: Date:

Additional Note: I have taken medical advice and my doctor has agreed that I should exercise.

Clients Signature:

Date: