

Arm Lifting Super Series 2025



Official Entry Form

Single participant entry fee: \$20

Thank you for your interest in participating in the sport of Arm Lifting! Please fill in the following information.

Full Name:

Sex: Male / Female Other: Prefer not to say

Date of Birth:

If under 18, full name of Parent:

Email Address:

Phone number:

Desired Weight Class:

Note: Athletes must make weight exactly. An athlete going for the 100 kg class will not be allowed to participate if they weigh 100.1 kg. If weighing in with full clothing, there will be a 2lb clothing allowance.

Women:	55kg	60kg	65kg	70kg
	80kg	90kg	100kg	100+ kg
Women Masters(Age 50+):	80kg	80+ kg		
Men:	60kg	70kg	80kg	90kg
	100kg	110kg	125kg	125+kg
Men Masters(Age 50+)	90 kg	110kg	110+ kg	

Waiver, Release and Hold Harmless Agreement

In consideration of permission granted by Bison Fitness LLC (hereafter referred to as club owners) allowing me to participate in club activities and the use of club equipment, personal training services, fitness classes and/or independent training, I (together with my parent or guardian, if I am under the age of eighteen (18) or under a legal disability) represent, covenant and agree, on behalf of myself and my heirs, assigns, and any other person claiming by, under or through me, as follows:

I acknowledge that participating in the Activity involves certain risks (some of which I may not fully appreciate) and that injuries, death, property damage or other harm could occur to me or others. I accept and voluntarily incur and assume all risks of any injuries, damages, or harm that arise during or result from my participation in the Activity, including any associated travel, regardless of whether or

not caused in whole or in part by the negligence of other fault of club owners, the Trustees of club owners, and/or their departments, trustees, affiliates, employees, officers, agents or insurers ("Released Parties").			
I waive all claims against any of the Released Parties for any injuries, damages, liabilities, losses or claims, whether known or unknown, which arise during or result from my participation in the Activity, regardless of whether or not caused in whole or part by the negligence or other fault of any of the Released Parties. I release and forever discharge the Released Parties from all such claims.			
I acknowledge that the health and fitness content provided through the Services is designed for educational and informational purposes only and is not intended to be, nor does it constitute, medical or other professional healthcare advice. I understand that it's extremely important that I consult with a physician before beginning any exercise program. It is my responsibility to evaluate my own medical and physical condition to determine whether to participate in an exercise program. If I experience faintness, dizziness, pain or shortness of breath at any time while exercising I understand that I should stop immediately. I represent and warrant that I am in good physical condition and have no medical reason or impairment that might prevent me from my intended use of the Services.			
I agree to indemnify and hold the Released Parties harmless from and against any and all losses, liabilities, damages, costs or expenses (including but not limited to reasonable attorneys' fees and other litigation costs and expenses) incurred by any of the Released Parties as a result of any claims or suits that I (or anyone claiming by, under or through me) may bring against any of the Released Parties to recover any losses, liabilities, costs, damages, or expenses that arise during or result from my participation in the Activity, regardless of whether or not caused in whole or part by the negligence or other fault of any of the Released Parties.			
I hereby grant permission to club owners and any organization associated with them, to use, for any legitimate purpose, including future advertising of the Activity on the club owner's website or in other promotional materials, my name and likeness to the extent it may appear in any photographs or records of the Activity.			
I acknowledge that my own possessions that I bring into the club are completely my responsibility to keep within my possession and safe from damage or impairment. If a possession of mine is lost or damaged in the club or on club property, for any reason, I accept full responsibility for any financial loss or corrective action that must be taken and I agree to completely waive club owners of any liability.			
I have carefully read and reviewed this Waiver, Release and Hold Harmless Agreement which is governed by Wisconsin law. I understand it fully and I execute it voluntarily. I further acknowledge that any dispute or claim related to the subject matter hereof would be subject to the sole and exclusive jurisdiction of courts of competent authority located in Calumet County, Wisconsin, with such courts to be the sole and exclusive venue for any such action.			
Print Full Name:			
Signed:			
Date:			
Once this form is completed, please venmo the \$20 entry fee to @DEvansen to complete your registration for the event.			

