

# **MYSIDE FITNESS LLC LIABILITY WAIVER**

**PLEASE READ CAREFULLY! THIS IS A LEGAL DOCUMENT WHICH AFFECTS YOUR LEGAL RIGHTS**

“I, \_\_\_\_\_, have enrolled in the personalized health and fitness program offered through Myside Fitness LLC. I recognize that the program 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 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 this exercise program. I understand that it is my duty to inform my trainer of any known medical conditions, either chronic or acute. I acknowledge that my enrollment and subsequent participation in purely voluntary and in no way mandated by Myside Fitness LLC.”

“In consideration of my participation in this program, I, \_\_\_\_\_, hereby release Myside Fitness LLC and its agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment.” “I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I, \_\_\_\_\_, hereby release Myside Fitness LLC and its agents from any liability now or in the future for conditions that I may obtain. 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 knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death.”

I HEREBY AFFIRM THAT I AM OF LEGAL AGE AND OF SOUND MIND. I FURTHER AFFIRM THAT I HAVE READ, FULLY UNDERSTAND AND AGREE TO THE ABOVE STATED LIABILITY WAIVER OF MYSIDE FITNESS LLC.

\_\_\_\_\_ (Participant Signature)

\_\_\_\_\_ (Date)