



Monni Savory Fitness Outdoor Fitness Liability Waiver

I _____ (the participant) have agreed to participate in the Outdoor Fitness with Monni Savory.

I recognize that this workout will include intense cardio, strength training, core work, agility, and flexibility training. I understand that the activities of this workout will take place outdoors and that there are risks involved in participating in this type of workout.

I am aware that activities associated with this training may place stress on the cardiovascular and muscular systems and that the trainer will provide guidance and support to the best of her ability.

I agree to waive the trainer of any liability from injury caused while partaking in this activity. The trainer will to the best of her ability make the area safe for all participants and ensure proper form and technique.

I voluntarily accept full responsibility of all the risks involved. I understand fully the inherent risks involved in this exercise program and am willingly and voluntarily participating in the workouts.

I have read and understand my risks and am prepared to partake in this activity.

Name: _____

Phone: () _____ - _____

Email Address: _____

Signature of Participant:

Signature of Witness:
