

LIABILITY RELEASE FORM

This release is entered into between me, _____ and **Kettlebell Krushers Fitness**

The purpose of **Kettlebell Krushers Fitness** is to provide fitness and exercise instruction.

I hereby acknowledge that the following was explained to me and/or agree to the following:

1. Acknowledges that **Kettlebell Krushers Fitness** is not a physician and is not trained in any way to provide medical diagnosis, medical treatment, psychotherapy, or any other type of medical advice.
2. Acknowledges that fitness training is another tool for teaching individuals about themselves, but that **Kettlebell Krushers Fitness** does not guarantee neither good nor bad will occur nor guarantees the coaching advice given by **Kettlebell Krushers Fitness** will produce neither good nor bad results.
3. Acknowledges that **Kettlebell Krushers Fitness** may suggest exercise as part of my fitness program/lifestyle management. I further understand that by participating in boot camps, swimming, cycling (on and off road), in-line skating, triathlon, x-c skiing, weight training, aerobic classes, martial arts, kick boxing, kung-fu, and any other related sports are an extreme test of one's mental and physical limits and carry with it potential for damage or loss of property, serious injury and death. That I, assume all risks of participating in these types of events and/or activities, that I am fit, and that I have a regular medical physician that I can contact regarding any medical problems that I might develop. By signing this document, I expressly waive, release, discharge and agree not to sue from any liability of death, disability, personal injury, or action of any kind **Kettlebell Krushers Fitness** instructors, or any person involved in this program or testing procedures for me participating in said sporting events and/or training for said sporting/fitness activities.
4. I agree that this is the full agreement between me and **Kettlebell Krushers Fitness** and that **Kettlebell Krushers Fitness** nor anyone else has not verbally contradicted any of the terms of this release and that I have entered into this agreement free and voluntarily without force or coercion.

Signature

Date

Parent/Guardian