

YouBelong**STRONG**.com

WAIVER AND RELEASE YouBelongStrong.com

By clicking the “I agree to the waiver” box and providing my First Name, Last Name and email address, I agree to participate in a free online training session(s), and have agreed to voluntarily participate in this exercise program, including, but not limited to, strength training, aerobic and cardiovascular exercise, flexibility and balance development, under the guidance of You Belong Strong and it’s trainers, (hereafter referred to collectively as YBS). I hereby stipulate and agree that I am physically and mentally sound and currently have no physical conditions that would be aggravated by my involvement in an exercise program. I have cleared with a licensed physician that I am able to undertake a general fitness program.

I understand and am aware that physical-fitness activities, including the use of equipment, are potentially hazardous activities. I am aware that participating in these types of activities, even when completed properly, can be dangerous. I am aware of the potential risks associated with these types of activities, including but not limited to: death, fainting, disorders in heartbeat, neck and spinal injury, injury to bones, joints, ligaments, muscles, tendons, and other parts of the musculoskeletal system, and serious injury or impairment to other aspects of my body, general health, and well-being.

I understand that I am responsible for my own medical insurance and will assume any and all medical expenses that are not covered by my health coverage. I will notify YBS of any significant injury that requires medical attention (emergencies, hospitalizations, ongoing chronic disorders, etc.)

I understand I will provide the equipment to be used in connection with workouts, including but not limited to, Dumbbells, kettlebells, resistance bands, yoga mat, and similar items. I represent and warrant any and all equipment I use during training sessions is in satisfactory condition. I understand that I take sole responsibility for my equipment.

I understand that YBS will take precautions to ensure my safety, however, I expressly assume and accept sole responsibility for my safety and for any and all injuries that may occur. I understand and am aware that any and all nutrition advice and plan given to me is based on fitness nutrition education intended for the general public, and that YBS should not be regarded as personalized registered dietitians. I understand it is my responsibility to inform YBS of dietary issues and take sole responsibility for my nutritional needs and diet.

In consideration and acceptance of this entry, I, for myself and for my executors, administrators, and assigns, waive and release any and all claims against YBS, including all staff, independent contractor trainers representing YBS, and volunteers, and agree to hold them harmless from any claims or losses, including but not limited to claims for negligence for any injuries or expenses that I may incur. These exculpatory clauses are intended to apply to any and all activities occurring during the time for which I have trained with YBS.

HAVING READ THE ABOVE TERMS AND INTENDING TO BE LEGALLY BOUND HEREBY AND UNDERSTANDING THIS DOCUMENT TO BE A COMPLETE WAIVER AND DISCLAIMER IN FAVOR OF YBS, I HEREBY AFFIX MY CONSENT BY PROVIDING MY NAME, EMAIL ADDRESS, AND CHECKING THE “I AGREE TO THE WAIVER” BOX.