

RELEASE OF LIABILITY

I, _____ (herein "Participant"), hereby acknowledge and agree to the following, as a condition of **Personal Training**.

1. My involvement and/or participation in personal training sessions is voluntary, and I am acting under my own free will.
2. There is the potential for risks and dangers that may not be obvious or reasonably foreseeable at this time.
3. I do not have any medical ailments, physical limitations, or mental disabilities that will affect my ability to participate in **personal training sessions**.
4. **Grand Physiques, LLC and its personal trainers** undertake no direct legal or financial responsibility for my personal safety or well being when I am participating in **a personal training session**.
5. I assume the risks, including, but not limited to, those outlined in Section 3 of this agreement.
6. I forever release **Grand Physiques, LLC** from any and all claims and causes of action that I or my representatives now have or may have in the future for personal injury, property damage or wrongful death occurring to me, arising out of participation in **personal training sessions**.
7. I am 100% liable for all medical expenses incurred as a result of any injury or property damage during my participation in **personal training sessions**.
8. In the event that any one or more of the provisions of this agreement shall be held to be invalid, illegal, unenforceable or in conflict with the law according to the jurisdiction of the state of Arizona, the remaining portions will not be invalidated, and shall remain in full force and effect.
9. This is a legally binding contract, but it is not meant to pronounce any claims or defenses that are legally prohibited.

I attest that I have read and understand this document, and agree to all the provisions listed above.

Participant Name

Participant Signature

Date: _____

Witness Name

Witness Signature

Date: _____