

WWW.WEWILLWORKOUT.COM

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Liability/ Informed Consent Form

I, _____, have hereby enrolled in a program of vigorous physical activity including but not limited to resistance training, flexibility training, and various cardiovascular conditioning regimens offered by Stephen King. I hereby affirm that I am in good physical condition and do not suffer from any disability which would prevent or limit my participation in this exercise program.

In consideration of my participation in an exercise program, I, _____, for myself, my heirs and assigns, hereby release Stephen King, from any claims, demands, and causes of action arising from my participation in the exercise program.

I fully understand that I may injure myself as a result of my participation in an exercise program, with Stephen King, and I, _____, hereby release, Stephen King from any liability now or in the future including, but not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury however caused, occurring during, or after my participation in the exercise program.

I hereby affirm that I have read and fully understand the above.

Signature

Date