



WARNING: THIS IS A LEGAL DOCUMENT THAT EFFECTS YOUR RIGHTS

Agreement for Participating in Personal strength, Fitness and Conditioning Training

The **Trainer** means the Instinctive fitness team

The **Activity** means the participation in personal / group strength, fitness and conditioning training and general advices.

I acknowledge that it is a condition of participating in this activity that I do so at my own risk. I accept all risks and hereby indemnify and release the trainer, there agents, affiliates, employees members, sponsors, promoters and anybody directly and indirectly associated with the trainer, against all liability (including liability for their negligence and the negligence of others) claims, demands, and proceeding arising out of or connected with my participation in this Activity. This release and indemnity continues forever and binds my heirs, successors, executors, personal representatives and assigns.

I acknowledge that participating in this activity may involve a risk of serious injury or even death from various causes including: over exertion, dehydration, equipment failure and accidents with equipment and surroundings.

I recognize the difficulties associated with attest I am physically fit to participate safely in the Activity and that a qualified medical practitioner has not advised me otherwise.

I understand the demanding physical nature of this Activity. I am not aware of any medical condition, injury or impairment that will be detrimental to my heath if I participate in this Activity. In the event that I become aware of any medical condition, injury or impairment that may detrimental to my health if I participate in this activity my trainer will be immediately informed. By continuing to participate in this activity, I accept the risks despite these conditions and am still, and will always be under the terms of this agreement.

I certify that I am 18 years old or older and have read this document and fully understand it. As a parent or guardian of the participant (a) I agree to the above for myself and on behalf of the participant and (b) I indemnify and will keep indemnified any person or body directly or indirectly associated with the conduct of the activity on the terms referred to.

I certify that instinctive fitness has all rights to any photos taken for fitness purposes and do not object, to any photos published on their website or Facebook page.



*I acknowledge that I have read and understood the terms and conditions and declared any injuries allergies or health issues before starting exercise. I also declare that I will not use **INSTINCTIVE FITNESS** workouts and training techniques outside of this setting without prior permission.*

Date:

Class:

No	Name	Email	Cell Number	Remarks/injuries	Signed
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"Where health and fitness becomes 2nd nature"

