

Liability Waiver Form

To my knowledge, I am in great physical condition and fully able to participate in these workouts. I am fully aware of the risks and hazards connected with the participation in my workouts, including physical injury or even death. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OR LOSS, PROPERTY DAMAGE, OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me, or loss or damage to property owned by me.

I hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE, Francisco Llanos, from all liability, claims, demands, actions and causes of action whatsoever, while participating in physical activity, or while on or upon the premises where the workout is being conducted.

It is my expressed intent that this release and hold harmless agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVE, DISCHARGE, and CONVENTION TO SUE the above named RELEASEES. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be constructed in accordance with the laws of the State of Florida.

In signing this release, I acknowledge and represent that I HAVE READ THE FORGOING Waiver of Liability and Hold Harmless Agreement, UNDERSTAND IT AND SIGN IT VOLUNTARILY as my own free act and deed; no oral representations, statements or inducements, apart from the foregoing written agreements have been made; and I EXECUTE THIS RELEASE FOR FULL, ADEQUATE AND COMPLETE CONSIDERATION FULLY INTENDING TO BE BOUND BY SAME.

Athlete's Full Name

Address, City, State, Zip

Phone Number

Email Address

Emergency Contact

Contact's Phone Number

Parent/Guardian Signature

Date