

## **1. Assumption of Risk**

I acknowledge that participating in physical activities and using exercise equipment at [Gym Name] involves inherent risks, including but not limited to muscle strains, sprains, broken bones, heart attacks, or other injuries. I voluntarily assume full responsibility for any risk of injury or loss, including death, that may occur while I am on the premises or participating in any activities.

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## **2. Waiver and Release**

In consideration of being permitted to participate in activities and use facilities at [Gym Name], I, on behalf of myself, my heirs, executors, and administrators, hereby release, waive, and discharge [Gym Name], its owners, employees, agents, and representatives from any and all claims, liabilities, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained while on the premises or using the facilities.

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## **3. Medical Clearance**

I affirm that I am in good physical condition and do not suffer from any condition or disability that would prevent or limit my participation in physical activities. I understand it is my responsibility to consult with a physician before beginning any exercise program.

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## **4. Use of Equipment and Facilities**

I agree to use all equipment and facilities properly and as instructed. I understand that misuse or failure to follow rules may result in injury or revocation of membership or facility use privileges.

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## **5. Photo and Video Release**

I give [Gym Name] permission to use photographs or video recordings taken during my participation for promotional or marketing purposes. (Optional – strike through if not applicable.)

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## **6. Minors (If Under 18)**

**Parent/Guardian Consent:**

If the participant is under 18 years of age, a parent or legal guardian must consent to the waiver on their behalf.