

## LIABILITY/ASSUMPTION OF RISK Waiver

Client name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Email \_\_\_\_\_

Cell Phone Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

### ELIGIBILITY

While on this exercise program your safety is our first priority, however with any physical program risks are present. These risks include musculoskeletal injuries and increased stress on the heart. In volunteering for this exercise program, you agree to accept Responsibilities for these risks and waive any possibility for personal damage.

An examination conducted by your physician is recommended for a) males 45 years or older and females 55 years and older and b) individuals with exercise restrictions. Individuals who fall in one of these categories above who have NOT had a prior examination from a physician MUST acknowledge. They have been informed of the level of its importance. By you signing below, verifies that April Farnham/ABC April's Boot Camp is not responsibility and that you accept full responsibility for your health and well-being.

Clients will be required to complete the proper documentation prior to participation within the personal training program, Boot camp classes, fitness classes, running program and or obstacle courses.

If it is determined that the client has one or more risk factors that could be a potential risk during exercise, he/she will be Referred to his/her physician for an in depth fitness assessment before receiving any personal training from April Farnham/ABC April's Boot Camp..

April Farnham/ABC April's Boot Camp reserves the right to deny services to participants who may not be able to exercise safely within the Program parameters.

Initials \_\_\_\_\_

### RELEASE OF LIABILITY/ASSUMPTION OF RISK

I have enrolled in a program of strenuous physical activity including but not limited to walking, running, weight lifting, aerobics, body, sculpting, and the use of various conditioning and exercise equipment designed, offered, recommended, and/or supervised by April Farnham/Fitness Boot Camp. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this program.

In consideration of my participation in the program, I for myself, my employees, heirs, assigns, officers, directors, shareholders, and co-workers hereby release April Farnham aka ABC its employees, spouse, relatives, heirs, assigns, agents, officers, directors, and shareholders, from any and all claims, demands or causes of action arising from my participation in the program or from any use of the conditioning and exercise equipment and facilities, including but not limited to, Twinfield Union School, Montpelier High School, The Plainfield Health Center, or The State Employees Credit Union or any other destination.

I fully understand that I may suffer injury as a result of my participation in the program and I hereby release April Farnham/ABC April's Boot Camp from any and all liability now or in the future, including but not limited to medical expenses, lost wages, pain and suffering, that may occur by reason of 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, whether occurring during or after my participation in The program or use of the conditioning equipment and facilities, regardless of fault.

*By signing the document, I attest, contract, acknowledge, and agree that I am legally bound by its content and it is continuously valid indefinitely. I \_\_\_\_\_  
(full name), have enrolled to participate in a personal training program provided by April Farnham/  
ABC April's Boot Camp.*

Sweat dripping down my face, my body shaking on the verge of giving up but something made me hold on. April's voice rang out announcing that our twentieth minute of the plank was over, only thirty minutes left. The urge to let my body drop to the floor grew every second yet pride and not wanting to do ten burpees kept my body in position.

I remember when my aunt first tried to convince me to go with her to fitness boot camp and how crazy it sounded to me. Who in their right mind gets up at 4:00 in the morning to work out, three days a week? Only crazy, fitness obsessed people, or so I thought. I cautiously joined her one day, the workout was insane. My muscles could not take the pain and neither could my stomach, to the point of making me physically ill. They say the second times the hardest, you've experienced the pain but not the benefit. Yet again, against my common sense, I went. Slowly I began to love it, even crave that burn in my muscles. Aside from the instructor I also realized everyone there was just like me. We are all pushing ourselves and each other past our limits, reaching for a taste of satisfaction and self-pride.

The people that I have met at boot camp I would have never known if I hadn't listened to my aunt and I'm so glad I did. Their kindness and openness to me when I first started has taught me to accept everyone. Regardless of your age or fitness level, all that matters is that you are determined. I guess that's what was keeping me from releasing my plank. Determination mixed with the support of all the other people attempting to hold a plank for fifty minutes around me. If it wasn't for the support that they all give me I probably would've given up but they all taught me that anything is possible as long as you put your heart into it.

Colleen Quin