

# Diamond Chassis Fitness™

I, \_\_\_\_\_, through the purchase of training sessions or classes, agree to voluntarily participate in an exercise program, including, but not limited to, aerobic exercise, strength training, and flexibility development, under the instruction of Karen Maestri (hereafter referred to as Diamond Chassis Fitness, LLC).

I specify and agree that I am physically and mentally sound and currently have no undisclosed physical conditions that would be aggravated by my participation in an exercise program. I understand and am aware that physical-fitness activities, including the use of equipment, are potentially hazardous. I am aware that participating in these types of activities, even when completed properly, can be dangerous and I assume responsibility of all associated risks.

In connection to my workouts, fitness equipment will be provided by Diamond Chassis Fitness, LLC or myself. Although Diamond Chassis Fitness, LLC takes precautions to maintain their equipment, I understand that any equipment can malfunction and cause injury. I take sole responsibility for the inspection and use of any and all equipment associated with my workouts.

I assume and accept sole responsibility for my safety and for any and all injuries that may occur. I, for myself and for my executors, administrators, and assigns, waive and release any and all claims against Diamond Chassis Fitness, LLC, their staff, officers, officials, volunteers, sponsors, agents, representatives, successors or assigns. I agree to hold them harmless from any and all claims, including but not limited to; negligence, injury, or expenses that may incur while exercising or traveling to training sessions.

I have read and understand the above document to be a complete waiver and release of liability to Diamond Chassis Fitness, LLC.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_

Trainer Signature: \_\_\_\_\_ Date: \_\_\_\_\_