

# ***Force Physiques***

## **Release and Waiver of Liability**

The Participant acknowledges that any program of fitness and exercise involves a risk of injury. Force Physiques, LLC (dba: "Force Physiques"); Christy Bowers; and others associated with Force Physiques, LLC shall not be liable for any injuries or damage to the undersigned, or the property of the undersigned, subject to any claim, demand, injury, or damages whatsoever, including, without limitation, those damages resulting from acts of active or passive negligence on the part of the Participant.

The Participant represents that she/he has been recently examined by a medical doctor and been found able to undertake a program of exercise.

It is agreed that Force Physiques, LLC shall not be responsible or liable to the undersigned for articles lost or stolen in connection with Force Physiques, LLC services.

For and in consideration of the design of an exercise program for \_\_\_\_\_ known as "Participant" by Force Physiques, LLC, Participant agrees:

1. that any exercise program shall be undertaken by Participant at her/his sole risk; and
2. that Force Physiques, LLC shall not be liable to Participant, nor any other person, for any claims or causes of action whatsoever arising out of or connected with the services of Force Physiques, LLC; and
3. that Participant hereby releases and discharges Force Physiques, LLC from any such claims or actions.

\_\_\_\_\_  
Participant Name (please print)

\_\_\_\_\_  
Christy Bowers  
Force Physiques, President

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

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