

INFORMED CONSENT WAIVER

I, _____, am hereby enrolling in a program of strenuous physical activity including but not limited to weight training, and various aerobic conditioning activities. 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 exercise program.

In consideration of my participation in this exercise program, I _____, for myself, my heirs and assigns, hereby release forever Frank David Marasa from any claims, demands, and causes of action arising from my participation in the exercise program.

I fully understand that I may injure myself because of my participation in this exercise program. Therefore I, _____, hereby release, forever Frank David Marasa from any liability now or in the future including, but not limited to 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, occurring during, or after my participation in the exercise program.

I hereby affirm that I have read and fully understand the above.

Signature

Date