



7301 Mission Road, Suite 328B
Prairie Village, KS 66208

Liability Waiver

Potential Risks: All exercise programs/testing are designed to gradually increase work load on the cardio-respiratory and musculoskeletal systems in order to make improvements. The body's reaction to gradually increasing exercise activities cannot be predicted with complete accuracy. Unusual changes during or following an exercise session may occur. These may include muscular or joint injury, abnormal blood pressure, fainting, disorders of heart beat, and/or very rare instances of heart attack or death.

Assumption of Risk: I have read the foregoing paragraph and understand the risks inherent in exercise programs. I assume the risk of personal injury associated with the exercise program and agree that Front Door Fitness, Inc. and my Front Door Fitness, Inc. personal trainer are not responsible for any injuries that I may suffer or incur. Unless otherwise indicated under the "comments" section below, I certify that I am in good health and have no condition that would limit/prohibit my participation in a structured exercise program. I assume responsibility for monitoring my own condition through out the exercise program and should any unusual symptom(s) occur, I will cease my participation and inform my personal trainer. I shall also notify my trainer of any changes in my medical status. I consent to the administration of any immediate resuscitation measures deemed advisable by my trainer or other qualified professional.

Waiver: For myself and my heirs, executors, administrators, successor, assigns or anyone else who might have a claim on my behalf, I hereby covenant not to sue and waive, release and forever discharge Front Door Fitness, Inc. and each of its owners, officers, employees, independent contractors and agents from any and all claims or liability for personal injury or death associated with, or in anyway arising out of, exercise programs or physical testing administered, supervised or recommended by Front Door Fitness, Inc. or personal trainers that are employees or independent contractors of Front Door Fitness, Inc. This waiver extends to all claims and liability of every kind or nature whatsoever, foreseen or unforeseen.

Participant's Name (Please Print) _____

Parent/Guardian Name (Please Sign) _____

Date: _____