

MiamiPersonalTrainer.com, LLC.

‘MIAMI Boot Camp’ / Waiver

I, (First & Last name) _____ have agreed to participate in 'Miami Boot Camp', an outdoor fitness camp, made and conducted by MiamiPersonalTrainer.com, LLC.

The activities of 'Miami Boot Camp' includes outdoor activities such as strength training, running, agility drills, jumping, swimming, intense cardiovascular activities, carrying inflated boats and military stretchers, pulling heavy ropes and flexibility training. Acknowledgment is hereby made that the activities of the camp will require me to spend time outside in the heat. I further acknowledge that there are risks involved in participating in this boot camp. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, my physical condition, equipment, actions of other people including, but not limited to, participants, volunteers, and lack of hydration. In consideration of my being accepted into the program, I agree to release and discharge 'Miami Boot Camp' and or MiamiPersonalTrainer.com, LLC. and any of its employees, volunteers and supervisors, from any injuries sustained by me as a result of participation in this program.

I agree to indemnify and hold harmless, 'Miami Boot Camp', MiamiPersonalTrainer.com, LLC. and any of its employees, volunteers and supervisors, facilities and owners of MiamiPersonalTrainer.com, LLC. against any liability incurred as a result of such injury or loss.

Fitness activities and programs require that I be in good health and have no condition that could endanger my well-being through participation. I will notify 'Miami Boot Camp' of any such defects in writing prior to enrolling in this program.

A signature of ‘Miami Boot Camp’ participant over 18 years of age or parent/legal guardian of minor under 18 of age or legal guardian of incapacitated and/or mentally challenged person is required below.

Name of Participant (Print) _____

Signature of Participant (or Parent / Legal Guardian, if under 18 years of age) _____

Date _____