



Crawford Street Gym Membership Waiver and Release of Liability Form

Please initial that you have read and agree to the statements below.

_____ In consideration of my use of the exercise equipment and facilities provided by the company, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the company Personalized Physical Preparation, LLC and its associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me on, or about the premises, or as a result of the use of the equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the company.

_____ By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me and I hereby fully and forever release and discharge Personalized Physical Preparation, LLC and its associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities.

_____ I expressly agree to indemnify and hold Personalized Physical Preparation, LLC and its associates harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me.

_____ I agree to be solely responsible for safety and well being of myself. I understand that the company does not provide supervision, instruction, or assistance for the use of the facilities and equipment.

_____ I agree to comply with all rules imposed by Personalized Physical Preparation, LLC regarding the use of the facilities and equipment. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose.

_____ I understand and acknowledge that the use of exercise equipment involves risk of serious injury, including permanent disability and death.

_____ I understand and agree that Personalized Physical Preparation, LLC is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

I HAVE READ THE FOREGOING WAIVER AND RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.

Print name: _____

Signature: _____

Date: _____