



3R BOOTCAMP WAIVER

I, _____ have agreed to participate in 3R Fitness Bootcamp Class. The activities of the group fitness class include strength training, running, agility drills, jumping, intense cardiovascular activities and flexibility training. I understand that incorrect performance of exercises can lead to injury, and I commit to ask for assistance for any exercise I am unsure of how to perform safely.

Acknowledgment is hereby made that the activities of the camp may require me to spend time outside in the heat, as well as inside. I further acknowledge that there are risks involved in participating in the bootcamp. 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, poor nutrition and lack of hydration.

In consideration of my being accepted into the program, I agree to release and discharge 3R Fitness, and any of its employees, volunteers and supervisors, host facility, and owner, Shelby Jupiter from any injuries sustained by me as a result of participation in this program.

I agree to indemnify and hold harmless, 3R Fitness, and any of its employees, volunteers and supervisors, facilities and owners 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 wellbeing through participation. I will notify 3R Fitness of any such defects in writing prior to enrolling in this program.

The undersigned agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of myself.

Signature of participant: _____

Date: _____

READINESS FOR TRAINING

*****Please specifically tell us about these when you give us the form.*****

Past Injuries: Please list any medical conditions, past injuries, areas of tightness or chronic pain and any specific sensitivities to any exercises. (i.e. low back pain, my knees hurt when I squat, my shoulders are always sore, etc.)

Current Fitness Level: Please indicate your current fitness and activity level and how much exercise you've done recently. (i.e. couch/desk potato, walk regularly, active job, workout regularly, athlete, etc.)

Current Training Knowledge: By participating in this class I commit to ask for instruction on any exercise I am not familiar with. I acknowledge that this is important to avoid injury. I commit to notify my trainer if I do not know how to do something.

Initial:_____

Note: Start Slowly. Bootcamps can be intense, especially if you push yourself. Be sure to take it easy off the start and work your way up to more intense exercise. This is especially important if you used to be sedentary.

I commit to work at a pace that is safe for me and within my current limits and notifying my trainer if I feel unwell.

Initial:_____

Photo & Video Waiver (Required):

By attending this class, I give Shelby Jupiter, 3R Fitness, and any partners permission to post and tag (with my full name) photos and videos containing my image on their website, Facebook, Instagram, Twitter, YouTube, other social media and in print and video for promotional and marketing purposes.

Signature of participant:_____

Date:_____

*****Adequate nutrition and hydration is critical to maintaining energy level during your workout and avoiding fatigue, light-headedness and fainting. Please prepare accordingly.**