

Release and Waiver Agreement

The undersigned member or guest agrees to the following terms, which he or she has read and understands:

- He/she acknowledges that his or her use of the premises is without supervision and without protection by a trainer or assistant, that the weights, weightlifting devices, exercise apparatus and other equipment or facilities of the gym pose dangers to the user through his or her own use or misuse or through use or misuse by other persons.
- He/she undertakes to exercise, work out or in any other way engage in weightlifting or any of the activities of the gym without any medical advice of any kind from the management of the gym, that he/she undertakes these activities with full knowledge that the activities may jeopardize his or her health and/or body functions or conditions.
- That even though he or she may obtain advice from any other parties or from management as to the types of weightlifting or exercise to engage in, that the management does not in any way make any assurances to him or her that such advice is sound or based upon any medical or health or weightlifting expertise and that in all such cases as to level of effort to be expended, activities to be performed, apparatus to be used, etc., the decisions are solely those of the user and not of the management
- That he or she has read and agrees to abide by the “Rules, Regulations and Policies” of *Fletcher’s House of Power, LLC* set forth. In light of the foregoing, the undersigned does hereby release *Fletcher’s House of Power, LLC* and its management from any and all liability for any injury, damage or claims that the undersigned may have against *Fletcher’s House of Power, LLC* or its management for anything in relation to the use of the facility.
Furthermore, the undersigned acknowledges that the rules and regulations pertaining to the use of the premises may be posted from time to time and may be amended from time to time and that he or she will abide by those posted rules and regulations.

DO NOT SIGN THIS DOCUMENT UNTIL YOU HAVE READ IT IN ITS ENTIRETY AND UNDERSTAND IT

Signature _____ **Date** _____
Print Name _____ **Phone** _____
Address _____