

Waiver of Liability, Indemnity Agreement, and Assumption of Risk

Waiver: In consideration of using the services of Fitness Solutions, LLC (hereafter referred to as FitSol), on behalf of myself, my heirs, personal representatives or assigns, **I do hereby release, waive, discharge, and covenant not to sue FitSol, its owner, officers, employees, volunteers, and agents, from liability from any and all claims arising from the ordinary negligence of FitSol** or any of the aforementioned parties.

This agreement applies to 1) personal injury (including death) from accidents or illnesses arising directly or indirectly from participation in activities directed, suggested, or planned by FitSol including, but not limited to, organized activities, classes, instruction, observation, related activities in a non-supervised setting, and use of facilities, premises, or equipment; and to 2) any and all claims resulting from the damage to, loss of, or theft of property.

Indemnification and Hold Harmless: I also agree to **hold harmless and indemnify** FitSol, its owner, officers, employees, volunteers, agents, and insurance carriers from all claims (whether initiated by me or by a third party) and to reimburse them for any expenses incurred as a result of my involvement with FitSol. I further agree to pay all expenses, including court costs and attorneys' fees, incurred by FitSol and the aforementioned parties in investigating and defending a claim or suit resulting from my participation in any FitSol fitness and conditioning related activities.

Severability and Venue: I further expressly agree that the foregoing waiver and assumption of risk agreement is intended to be as broad and inclusive as is permitted by the law of the State of Virginia and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. Likewise, I agree that if legal action is brought, it must be brought in the District Court or the Federal Court residing where the incident occurred.

Acknowledgement of Understanding: I have read this waiver of liability and indemnification agreement and fully understand its terms. **I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend my signature to be a complete and unconditional release of all liability for injury resulting from ordinary negligence** to the greatest extent allowed by law in the State of Virginia.

Client Signature

Date

Assumption of Inherent Risks: Fitness and conditioning activities, by their very nature, carry with them certain inherent risks that cannot be eliminated regardless of the care the personal trainer takes to prevent injuries. The personal training activities offered by FitSol provide for activities such as weight lifting, walking, jogging, running, rowing, plyometrics, stretching, and other aerobic and anaerobic activities. Some of these involve strenuous exertions of strength using various muscle groups, some involve quick movements involving speed and change of direction, and others involve sustained physical activity that places stress on the cardiovascular system. In addition, many activities will involve equipment (e.g., barbells, free weights) and complex machines (e.g., treadmills, stationary bikes, rowers, elliptical devices) – all of which have the potential of malfunctioning or causing injury.

The specific risks vary from one activity to another, but in each activity the risks range from 1) occasionally occurring minor injuries such as scratches, bruises, muscle strains, and sprains to 2) rarely occurring major injuries such as ligament damage, broken bones, joint or back injuries, concussions, and heart attacks to 3) the very rare occurrence of catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know the nature of the activities at FitSol, I understand the demands of those activities relative to my physical condition and skill level, and I appreciate the types of injuries that may occur as a result of activities made possible by FitSol. I hereby assert that my participation is voluntary and that I knowingly and willingly assume all such risks.

Acknowledgement of Understanding: I have read this assumption of risk and fully understand its terms. **I acknowledge that I am signing the agreement freely and voluntarily and intend my signature to signify a complete assumption of the inherent risks in any way associated with the personal training program offered by FitSol** to the greatest extent allowed by law in the State of Virginia.

Client Signature

Date