



Boot Camp Waiver and Release of Liability

I have agreed to participate in a Precision Body Designs (PBD) Boot Camp, an outdoor fitness camp. The activities of the boot camps include but are not limited to strength training, running, agility drills, jumping, intense cardiovascular activities and flexibility training. Acknowledgment is hereby made that the activities of the camp will require me to spend time outdoors in the elements including but not limited to heat, cold and wet. I further acknowledge that there are risks involved in participating in the boot camp. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, my physical condition, equipment, lack of hydration, actions of other people including, but not limited to, participants, volunteers, and personal trainers. In consideration of my participation in the boot camp, I agree to release and discharge Precision Body Designs and any of its employees, volunteers, personal trainers, supervisors and owner from any injuries sustained by me as a result of participation in this program. I agree to indemnify and hold harmless Precision Body Designs and any of its employees, personal trainers, volunteers, supervisors, facilities and owners against any liability incurred as a result of such injury or loss. I further understand that 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 Precision Body Designs of any such conditions and defects in writing prior to enrolling in this program. I agree to 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 incident associated with my participation in a PBD boot camp.

I understand that photos or videos of boot camp sessions may be used for commercial and non-commercial purposes. I further understand that my body, person and image may be in these photos or videos and hereby give Precision Body Designs permission to use these media for commercial and non-commercial purposes.

Your signature on this form constitutes your agreement to the terms and conditions of this waiver.

- 1. _____ Date _____
- 2. _____ Date _____
- 3. _____ Date _____
- 4. _____ Date _____
- 5. _____ Date _____
- 6. _____ Date _____
- 7. _____ Date _____
- 8. _____ Date _____
- 9. _____ Date _____
- 10. _____ Date _____
- 11. _____ Date _____
- 12. _____ Date _____
- 13. _____ Date _____
- 14. _____ Date _____