



RICKYJACKSON.COM



Waiver/Release Form

GENERAL STATEMENT OF PROGRAM OBJECTIVES AND PROCEDURES:

I understand that this physical fitness program includes exercises to build the cardiorespiratory system (heart and lungs), the musculoskeletal system (muscle endurance and strength, and flexibility), and to improve body composition (decrease of body fat in individuals needing to lose fat, with an increase in weight of muscle and bone). Exercise may include aerobic activities (treadmill, walking, running, bicycle riding, rowing machine exercise, group aerobic activity, swimming and other aerobic activities), calisthenic exercises, and weight lifting to improve muscular strength and endurance and flexibility exercises to improve joint range of motion.

DESCRIPTION OF POTENTIAL RISKS:

I understand that the reaction of the heart, lung, and blood vessel system to exercise cannot always be predicted with accuracy. I know there is a risk of certain abnormal changes occurring during or following exercise which may include abnormalities of blood pressure or heart attacks. Use of the weight lifting equipment, and engaging in heavy body calisthenics may lead to musculoskeletal strains, pain and injury if adequate warm-up, gradual progression, and safety procedures are not followed. I understand that seller shall not be liable for any damages arising from personal injuries sustained by buyer while and during the PERSONAL TRAINING PROGRAM. Buyer using the exercising equipment during the PERSONAL TRAINING PROGRAM does so entirely at his/her own risk. Buyer assumes full responsibility for any injuries or damages which may occur during the training.

You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability. You expressly agree to release and discharge RickyJackson.com and Ricky Jackson Freeman from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against RickyJackson.com and Ricky Jackson Freeman for personal injury or property damage.

I hereby fully and forever release and discharge seller, its assigns and agents from all claims, demands, damages, rights of action, present and future therein.

I understand and warrant, release and agree that I am in good physical condition and that I have no disability, impairment or ailment preventing me from engaging in active or passive exercise that will be detrimental to heart, safety, or comfort, or physical condition if I engage or participate

I state that I have had a recent physical checkup and have my personal physician's permission to engage in aerobic and/ or anaerobic conditioning.



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I state that I DO NOT have any of the following conditions or diagnosis; Asthma, Arthritis, Rheumatism, Musculoskeletal Limitations of Movement, Knee Problems, High Blood Pressure above 145/95, Low Blood Pressure, Cancer, Episodes of coughing up blood, Chronic recurrent or morning cough, Hernia, Heart Condition, Heart Attack, Chest Pain or Angina Pectoris, Coronary Bypass or Angioplasty, Heart Murmur - Noted by a Physician to be significant or suggestive of a heart abnormality, Irregular Heart Beat or Rhythm - Noted by a physician to be significant or suggestive of a heart abnormality, Impaired Circulation, Stroke, Epilepsy, Convulsions or Loss of Consciousness, Diabetes, Pregnant, , Difficulty Breathing/Shortness of Breath, , Anxiety or Depression, Recent Surgery

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally. Typing my name on this Waiver and submitting it to RickyJackson.com is equivalent my signature.

DESCRIPTION OF POTENTIAL BENEFITS:

I understand that a program of regular exercise for the heart, lungs, muscles and joints, has many benefits associated with it. These may include a decrease in body fat, improvement in blood fats and blood pressure, improvement in physiological function, and decrease in risk in heart disease. I have read the foregoing information and understand it. Any questions which may have occurred to me have been answered to my satisfaction.

Name:

Email address:

Date:

I AGREE
I DISAGREE

****PLEASE NOTE** ~ The Waiver and Fitness Assessment Form must be received before I can begin designing your fat loss and fitness program.**



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