

# TOTAL CUSTOMIZED FITNESS, LLC CONTRACT

In consideration of being allowed to participate in the activities and programs of Total Customized Fitness, LLC, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge Total Customized Fitness, LLC and all others from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities, or my use of equipment in the above mentioned activities. I do also hereby release all of those mentioned, and any others acting upon their behalf, from any responsibility or liability from any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, or in any way arising out of or connected with my participation in any activities. I also understand that the advice given by TCF instructors in the areas of nutrition is not considered medical or diet advise and that any changes in my diet need to be verified by my doctor. I take full responsibility for any changes in my diet.

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, are a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_

Printed Name:

\_\_\_\_\_

[www.totalcustomizedfitness.com](http://www.totalcustomizedfitness.com)