

Total Training, Inc.

Adult Liability Release and Assumption of Risk Form

My participation at **Total Training, Inc.** is dependent upon approval following a thorough health and fitness assessment, orientation and possible clearance from my physician. I agree to follow all rules as instructed and posted. I attest and verify that I am able to perform physical training and exercise, and a licensed medical doctor has verified my physical condition.

The nature and scope of the use of all gym equipment has been fully explained to me by **Total Training, Inc** and **Coach Bob Blanton**. I understand that there are risks and dangers associated with the use of such a facility. I understand that it is not the function of **TTI, Coach Blanton** to assure the safety of participants, and that each participant has the responsibility to exercise due care in the use of the facility for the safety of himself/herself and of the other participants.

I represent that I am above the age of consent. In consideration of the foregoing training and use of **TTI 's facility**, I for myself, my heirs, executors, administrators, personal representatives, successors and assigns, hereby waive and release **TTI**, its employees, affiliates, and sponsors, **Coach Blanton**, from any and all rights, claims and causes of action, and hold them harmless against, and agree to indemnify them for any and all claims, demands, costs, charges, and expenses for any harm, injury, damage or loss, which may be sustained by me, as a result of, or relating to, use of the facility.

In the event of any emergency, I authorize the **Released Parties** to secure from any licensed hospital, physician and/or medical personnel, any treatment deemed necessary for my immediate care, and I agree that I will be responsible for payment of any and all medical services rendered and hold harmless the Released Parties.

In witness whereof, I have executed this liability release as my own free act on this _____ day of _____, 201____.

Participant's
Signature: _____

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

Work: _____

Mobile: _____

Email
Address: _____

Date of Birth _____ Participant's Age: _____

Sport: _____

What is your reason for training with **Total Training Inc?** (i.e., goals, rehabilitation, etc.)

What is your primary goal?

What time frame do you have for achieving your primary goal?

How close to achieving your primary goal do you feel you are (current strength/power levels vs. needed optimal levels)?

How much time per week can you allow for strength and conditioning?

Do you have any health conditions or injuries that would affect or limit your training?

Injuries

Please check any of the following injuries you have had, and specify which bone, muscle, joint, etc. and the year the injury occurred:

Broken bones _____

Ligament, tendon, or cartilage injury _____

Joint Injury or chronic pain _____

Back injury or chronic pain _____

Nerve entrapment (e.g. carpal tunnel syndrome) _____

Other (explain) _____

Are you currently being treated for any of the above injuries? Yes No

If so, please specify the type of treatment. _____

Lifestyle

If you are currently employed, do you consider your job to be

sedentary, or active? (check only one)

Are you:

Generally sedentary A weekend or vacation exerciser

Physically active once or twice a week Physically active more often

Do you currently have a regular exercise program? (check only one)

Yes, or No

If yes, please describe

