

# Liability Waiver

Participants are encouraged to perform the movements and exercises instructed in this course. If you have any medical conditions that might prevent you from performing certain exercises, notify instructor(s) at the start of the class. Do NOT perform any movements/exercises that might exacerbate a pre-existing condition. It is your responsibility to monitor your ability and adhere to any precaution/contraindications to the movement/exercises.

"I, \_\_\_\_\_, have enrolled in the MultiFunctional Movements Certification Course offered by IndeFree Association. I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in the movements/exercises within this program. I acknowledge that my enrollment and subsequent participation is purely voluntary and in no way mandated by IndeFree Association.

"In consideration of my participation in this program, I, \_\_\_\_\_, hereby release IndeFree Association and its instructors and agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment."

"I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I, \_\_\_\_\_, hereby release IndeFree Association and its agents from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death."

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

\_\_\_\_\_ (Participant Signature)

\_\_\_\_\_ (Date)