

MUSCLE FARMER, LLC

Waiver and Release Form:

This Waiver of Liability Agreement (this “**Agreement**”) is made and entered into as of _____ (the “**Effective Date**”) by and between _____, an individual (the “**Client**”), and MUSCLE FARMER, LLC, a Washington Limited Liability Company with its principal address at P.O. Box 52314, Bellevue, WA 98015 (the Service “**Provider**”).

The Provider urges all clients to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise class. All exercises, training and/or instruction, including the use of weights and the use of any and all machinery, equipment and apparatus designed for exercise shall be at the sole risk of the Client. The Client understands that the participation in an exercise program and the agreement to use methods and types of equipment shall be the entirely the responsibility of the Client. The Provider, Muscle Farmer, LLC, shall not be liable to the Client or of the services’ facility and premises of the club. The Client hereby holds the Provider, its owner and self-employed personal trainers, harmless from all claims which may be brought against them by the Client or on the Client’s behalf for any such injuries or claims.

I have read, understand and agree to abide by all of the rules outlined in the Policy Sheet, and I agree to the terms of this Agreement.

Client printed name

Client signature

or guardian of client

date