

WORKOUT WAIVER AND RELEASE OF LIABILITY

I, the undersigned, do hereby consent and agree that I am participating in a workout that consists of strenuous physical activity with Mark Briggs Fitness (DBA) Et. Al. & Peacemaker Project 703 Et. Al. The activities that include, but not limited to, all forms of stretching, running, weight lifting, aerobics, plyometrics, boxing, yoga, and other forms of extreme physical exercise and conditioning. I hereby affirm that I am in good physical condition and do not suffer from any disability or condition that would prevent or limit my participation in this workout. It is understood that this workout is designed for those individuals who are already in good physical condition and that these activities should **NOT** be attempted by those who have a history of health problems, including, but not limited to heart, respiratory, knee, shoulder, other joints, spinal (neck or lower back) problems, or other physical ailments.

I fully understand that I may suffer injury as a result of my participation in this workout and I hereby release Mark Briggs Fitness Et. Al., Peacemaker Project 703 Et. Al., any/all designated venues, representatives and volunteers from any and all liability, whether caused by their negligence, recklessness, or otherwise, including but not limited to medical expenses, lost wages, pain and suffering, paralysis and / or death, that may occur by reason of heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat exhaustion or heat stroke/exhaustion, joint, back, foot, neck, other physical injury or illness, soreness, rash, eye injury, or other disease, injury or physical condition, however caused, whether occurring during or after my participation in this workout regardless of fault.

In consideration of my participation in this workout, I for myself, my employees, my family heirs, family assigns, agents, and co-workers, completely RELEASE, HOLD HARMLESS, and COVENANT NOT TO SUE Mark Briggs Fitness Et. Al., Peacemaker Project 703 Et. Al., its employees, representatives, trainers, agents, assigns, officers, volunteers, sponsors, venue, or other co-participants from any and all claims, demands or causes of action arising from my participation in this workout. I further agree to defend the releases and INDEMNIFY them from any such claims, expenses, attorney fees, liability, cost or damage either made on my behalf, or by anyone else arising out of this event.

I also hereby give Mark Briggs Fitness Et. Al., Peacemaker Project 703 Et. Al., and their representatives the irrevocable right to use my photograph and / or video image for the purposes of advertising, trade, display or other use, either in print or electronic form. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS AND ACKNOWLEDGE THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF MARK BRIGGS FITNESS ET. AL., PEACEMAKER PROJECT 703 ET. AL. AND THEIR REPRESENTATIVES TO THE FULLEST EXTENT PROVIDED BY LAW.

Name: (print)_____

Date:_____

Signature:_____

Email:_____

Phone:_____

**IF PARTICIPANT IS UNDER THE AGE OF 18, THIS FORM MUST BE SIGNED BY THE PARENT/LEGAL GUARDIAN
HERE:_____**

PARENT/LEGAL GUARDIAN (PRINT):_____