



Health & Fitness Liability Waiver

I have enrolled on the health and fitness programme offered by **The Fitness Truck Ltd®**. I recognise that the programme of activity may involve strenuous physical activity, including but not limited to, muscle strength and endurance training, high intensity interval training (HIIT), cardiovascular conditioning and training, and various other fitness activities.

I hereby confirm 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 any of **The Fitness Truck Ltd®** programmes.

In consideration of my participation in this programme, I hereby release **The Fitness Truck Ltd®** and its trainers from any claims, demands and causes of actions as a result of my voluntary participation.

I fully understand that I may injure myself as a result of my participation and hereby release **The Fitness Truck Ltd®** and any of its trainers from any liability now or in the future for conditions that I may obtain as a result. These conditions may include, but are not limited to, heart attacks, muscle strains/tears/pulls, broken bones, shin splints, knee/back/shoulder/ankle injuries, or any other illness or soreness that may incur, including death.

I acknowledge that **The Fitness Truck Ltd®** will risk assess every area prior to the delivery of the programmes, and I have completed **The Fitness Truck Ltd®** Physical Activity Readiness Questionnaire (PARQ) in preparation for my participation.

The Fitness Truck Ltd®

Company Number: 10422236