



AGREEMENT AND RELEASE OF LIABILITY

I give consent to engage in an exercise and cardiovascular fitness test and fitness training. I understand that the cardiovascular fitness test will involve progressive stages of increasing effort and that at any time I may terminate the test for any reason. I understand that during some tests and training sessions I may be encouraged to work at maximum effort and that at any time I may terminate the test or session for any reason. If I decide to cancel the test or training session, payment will be reimbursed at the fitness trainers' discretion.

I understand there are certain changes which may occur during the exercise test or training session. They include abnormal blood pressure, fainting, disorders of heart beat, and very rare instances of heart attack. I understand that every effort will be made to minimize problems by preliminary examination and observation during testing and training sessions.

I understand that I am responsible for monitoring my own condition throughout training sessions and testing, and should any unusual symptoms occur, I will cease my participation and inform the test administrator of the symptoms. Unusual symptoms include, but are not limited to: chest discomfort, nausea, difficulty in breathing, and joint or muscle pain.

Also, in consideration of being allowed to participate in fitness training and the fitness tests, I agree to assume all risks of such exercise, and hereby release and hold harmless Ravin Persad of Fusion Fitness, and their agents and employees, from any and all health claims, suits, losses, or causes of action for damages, for injury or death, including claims for negligence, arising out of or related to my participation in the exercises and fitness testing.

I have read this consent document carefully and I understand its content. Any questions which may have occurred to me concerning this informed consent have been answered to my satisfaction.

Name (print) _____ Signature _____

Date _____ Witness _____ Date _____