



I _____, understand that there are potential risks to physical activity, evaluation and testing.

I will be working around exercise machines, exercise accessories, testing instruments and I will be involved in testing protocols (e.g. step test) and could be exposed to some accidents. I will be participating in exercise activities such as running and weight training and could be exposed to an injury.

This could include straining or even tearing muscles, tendons, ligaments, or heart strain even though care will be taken by myself and Ryan Booth or his agent to avoid such injury.

I will inform **Ryan Booth** or his agent if there are any problems during these tests or activities. These are the usual risks that are involved with exercise testing and activity. At any time I may withdraw my consent and terminate my participation in the activities described above.

I hereby release and hold harmless **Ryan Booth** and his agent and affiliated trainers from any liability with respect to me or my property arising out of or connected with my partaking of any programs and courses offered by Ryan Booth and his agent. I agree that a Photostat or faxed copy of this consent and authorization form is accepted as the real document.

signature

date