

## Waiver and Acknowledgements

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It is strongly recommended that you consult with your physician before beginning any exercise program.

You should be in good physical condition and be able to participate in the exercise.

Matt Shorrock trading as Eye of the Tiger Coaching is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.

If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Matt Shorrock trading as Eye of the Tiger Coaching from any and all claims or causes of action, known or unknown, arising out of any perceived negligence

By signing this form below, the Client acknowledges that they have read and fully understand the scope and terms of this agreement.

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Home Address: \_\_\_\_\_

\_\_\_\_\_

Post Code: \_\_\_\_\_