



DISCLAIMER

Body Blast accepts no responsibility for any loss or damage caused to any personal belongings whilst taking part in any Body Blast exercise programme.

I understand and I am aware that strength, flexibility and aerobic exercise, includes the use of equipment, in the outdoors, are potentially hazardous activities. I also understand that exercise and fitness activities involve risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and facilities with the knowledge of dangers involved. I hereby agree to expressly assume and accept all and any risk of injury or death with training in the different environments and weather conditions you may come across.

By signing this form you agree to take part in a four-week training programme in any weather conditions and environments within reason participating in either the 12 sessions over the four weeks or 8 sessions. Should you miss a session it is down to your own admission and you are therefore not eligible for your money back guarantee.

Body Blast will monitor health and safety accordingly, with a risk assessment of the areas covered at the beginning of each session.

It is your responsibility to bring your own towel and water bottle to each session, arrive 5 minutes before the start time and ensure all your belongings are kept in a safe place. Prior to starting the programme you will have signed all the appropriate documents and medical questionnaires needed for Body Blast to ensure a safe and effective programme for any individual involved.

Print Name .....

Sign .....

Date.....