

**2016 - Carly Sabourin – High Intensity Interval Training
Liability Waiver /Informed Consent Form**

I, _____ (**print name**), have enrolled in a high intensity interval program offered through **Carly Sabourin**.

I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm 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 this exercise program.

I acknowledge that my enrollment and subsequent participation is purely voluntary and is in no way mandated by **Carly Sabourin**.

In consideration of my participation in this program, I, _____ (**print name**), hereby release Carly Sabourin from any claims, demands, and causes of action as a result of my voluntary participation and enrollment.

I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and

I, _____ (**print name**), hereby release **Carly Sabourin** from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, strokes, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, injuries to knees or other joints of the body, injuries to back, injuries to a foot, heat prostration, or any other illness or soreness that I may incur, including death.

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

_____ (Participant's signature)

_____ (Witness)

_____ (Date)