

**WESTCO BARBELL, LLC d.b.a.
STRONGHOLD GYM
Waiver and Release Agreement**

In consideration for the use of the facilities at WESTCO BARBELL, LLC d.b.a. STRONGHOLD GYM, I agree to bind myself, my heirs, representatives, executors, administrators and assigns to this agreement. I hereby certify that I have full knowledge of the risk inherent in the use of the facilities and am voluntarily assuming these risks. I agree to abide by all safety policies of WESTCO BARBELL, LLC d.b.a. STRONGHOLD GYM whether written or orally conveyed. I am freely and voluntarily agreeing to these terms.

This is a legally binding agreement. By signing, I understand that I am giving up rights that I may have under the law and I am doing so freely and voluntarily with full and complete knowledge of the contents of this agreement and the associated risks. I give this release and agree to assume any and all risk and liabilities which may be incurred by my participation in any and all activities however related to WESTCO BARBELL, LLC d.b.a. STRONGHOLD GYM. I am entering into this agreement voluntarily and without duress or coercion. I will not sign this agreement, nor initial any part until I have read and understood its terms.

I fully understand that the activities offered, including, but not limited to: aerobic exercise, weight training, gymnastic activities, sport climbing or outdoor activities and martial arts are strenuous activities. I understand the risk associated with these activities and agree to assume any and all risk and liabilities. I further understand that I must be in good health and if I have any concerns about my ability to participate, I will not participate and will consult my personal physician before beginning or continuing any exercise program. I understand and agree that WESTCO BARBELL, LLC d.b.a. STRONGHOLD GYM is in no way responsible for medical evaluation or any recommendation of medical treatment. I also agree to be personally responsible for the costs, direct or indirect, of any medical treatment resulting from injuries or illness occurring while on the premises of or associated with WESTCO BARBELL, LLC d.b.a. STRONGHOLD GYM. In consideration, for my minor child's use of WESTCO BARBELL, LLC d.b.a. STRONGHOLD GYM'S facilities and services agree to release from liability, hold harmless and indemnify WESTCO BARBELL, LLC d.b.a. STRONGHOLD GYM, its owner, employees and agents from liability for any and all acts or omissions that may cause direct or indirect injury to myself, minor children or my property arising out of the use of WESTCO BARBELL, LLC d.b.a. STRONGHOLD GYM'S facilities or participation in activities contemplated by this agreement.

I certify that I am at least 18 years old and that I read and write the English language. If I am signing for a minor child, I understand that I further agree to release, hold harmless and indemnify WESTCO BARBELL, LLC d.b.a. STRONGHOLD GYM, its owner, employees and agents from any cause of action arising from any claim of any nature, including but not limited to negligence or any other cause, arising out of or relating to my or my dependant's or minor child's use of the facilities or field exercises of WESTCO BARBELL, LLC d.b.a. STRONGHOLD GYM. .

Print User's Name (or Parent of minor)

User's Signature (or Parent of minor)

Phone Number

Email Address

Date

Witness Signature