

**RELEASE OF LIABILITY WAIVER**

Optimal Readiness LLC prescribes mental and physical performance training that is arduous and recommended for individuals who are able-bodied and both physically and mentally healthy. In any sport or fitness program, there is the inherent risk of injury both foreseeable and unforeseeable.

I     First Name         Last Name     hereby affirm that I am voluntarily starting a course of instruction in physical fitness and performance training. I am voluntarily participating in personal training and coaching offered by Optimal Readiness LLC at my own risk.

In full consideration of the risk of injury while participating in physical training, and for the right to participate in the prescribed training, I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily participate in this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in the prescribed training, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for any kind of risks related to traveling to and from as well as participating in the prescribed training, which may include, but are not limited to physical and psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability, economic or emotional loss, and death.

I acknowledge that I have carefully read this form and fully understand that it is a release of liability. I expressly agree to release and discharge the trainer or instructor from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I may otherwise have to bring a legal action for personal injury or property damage.

**I fully understand the above waiver and release Optimal Readiness LLC of any liability**

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_