



Excellence in Strength Conditioning  
Professional Fitness Coaches

## LIABILITY WAIVER

**LIABILITY WAIVER** – The undersigned recognizes that the use of, **Performance Fitness & Training, LLC** services involve a risk of physical injury including that caused by the negligence of the undersigned or Performance Fitness & Training, LLC. The undersigned hereby agrees to assume this risk of injury in its entirety regardless of cause. Performance Fitness & Training, LLC or its staff shall not be liable for any injuries or damages to the undersigned, the property of the undersigned, or be subject to any claim, demand, injuries or damages whatsoever, including, without limitation, those damages resulting from the acts of active or passive negligence on the part of Performance Fitness & Training, LLC or its staff for all such claims, demands, injuries, damages, actions or causes of action. It is specifically agreed that Performance Fitness & Training, LLC or its staff shall not be responsible or liable to the undersigned for articles lost or stolen in connection with its services.

Dated: \_\_\_\_\_

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

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

**YVEL JOSEPH, MS, CPT;** (617) 970-19196

Certified Martial Artist

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Strength Conditioning Specialist

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