

Killer Fit CAMP™ is dedicated to providing a solid fitness foundation and a total body transformation for our clients. We do this by providing our clients with a comprehensive online fitness program, nutrition plan, and zoom based group fitness classes. By doing so, we are able to create a sustainable and result driven fitness plan for new and return clientele.

Before participating in any of our online or live-streamed workouts, we strongly recommend you consult a licensed health care provider due to the physicality and cardiovascular output this plan incorporates. The information provided to you is for educational purposes only and is not intended to substitute for medical advice, diagnosis or treatment. If you start to experience any faintness, dizziness, pain or shortness of breath at any time, you should stop exercising immediately and seek medical care.

By voluntarily participating in this fitness program, you understand there is a possibility of physical injury and do so at your own risk. We cannot be held responsible for any injuries that might occur during this plan. We provide the safest workouts possible but unforeseen circumstances may happen.

By signing this form, you have read the information above and agree to participate at your own risk.

FULL NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

