

# *Gutz N' Glory*

Power Bootcamp, LLC

## Informed Consent – Bootcamp

I, the undersigned, hereby expressly and affirmatively state that I wish to participate in the bootcamp training program of Gutz N' Glory Power Bootcamp, LLC.

I realize that my participation in these activities involves potential risk of injury, including but not limited to bodily injury, heart attack, stroke, or even death. I also recognize there are other risks associated with exercise and bootcamp training and that it is not possible to list every one.

I know and understand the risks of exercise. Understanding that injuries are a possibility, I hereby assume all risks of injury that could occur by reason of my participation in this bootcamp fitness program.

Signature of Participant: \_\_\_\_\_

Date: \_\_\_\_\_