



### Release

I hereby declare, assert, and affirm that my participation in Bmore FitBody POSSE and James Lewis, Group Exercise and Private Exercise Programs is done having voluntarily and knowingly assumed all risks involved in this program and any other program where the POSSE is involved with, coordinating and/or sponsoring. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardio-respiratory system including heart arrhythmia, heart attack, stroke and sudden death.

In consideration of acceptance of this contract allowing my participation in the above stated programs and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns, **WAIVE AND RELEASE** any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above programs, specifically James Lewis, Bmore FitBody POSSE, their representatives, respective staff, assistants and volunteers, employees, agents, successors and assigns for any collaborative or joint venture partner/s arrangements, I also understand that I do hereby **WAIVE** any and all rights of benefits under the State of Maryland Worker's Compensation laws for any injury incurred as a result of my participation in this or any or any other program affiliated with James Lewis and Bmore FitBody POSSE. I have read and fully understand the above statements.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Print Name \_\_\_\_\_