

AtHomeBeFIT  
Functional. Intelligent. Training.  
Fitness Programming Waiver of Liability

“I, \_\_\_\_\_, have enrolled in a program of strenuous physical activity including, but not limited to, aerobic exercise, anaerobic exercise, Pilates, resistance training/weight lifting, water-based exercise, and the use of various aerobic and anaerobic-conditioning equipment offered by Knighton’s Cardio-Fit d.b.a. AtHomeBeFIT and Lisa Knighton. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program.”

“In consideration of my participation in AtHomeBeFIT and Lisa Knighton’s exercises program, I, \_\_\_\_\_, for myself, my heirs and assigns, hereby release AtHomeBeFIT and Lisa Knighton (its employees and owners), from any claims, demands, and causes of action arising from my participation in the exercise program.”

“I fully understand that I may injure myself as a result of my participation in AtHomeBeFIT and Lisa Knighton’s exercise program and I, \_\_\_\_\_, hereby release AtHomeBeFIT and Lisa Knighton from any liability now or in the future including, but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and other illness, soreness, or injury, however caused, occurring during or after my participation in the exercise program.”

I hereby affirm that I have read and fully understand the above.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Lisa Knighton  
ACE Certified Personal Trainer \* Brookbush Institute Trainee \* Orthopedic Exercise  
Specialist \* Fitness Nutrition Specialist \* PhysicalMind Trained Pilates Matwork  
Instructor M.S., University of Georgia  
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