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RELEASE FORM

I, _____ certify and acknowledge:

- 1) That Steven Oberfest, an independent Personal Trainer, has advised me, prior to my commencement of participation in a cardiovascular and weight training program, that such participation could result in physical injury.
- 2) That I _____ freely and knowingly assume the risks in such program and I hereby waive any right, claim or cause of action against Steven Oberfest and release him from any liability for any injury, cost, damage expense, or claim, which I or anyone on my behalf might have as a direct or indirect result of my participation in this cardiovascular and weight training program.
- 3) That I _____ have read the foregoing, understand and agree with each of the foregoing and have received a copy of this Release Form on the date described below.

Name _____
(please print)

Date _____

Signature _____