



The BURN

Informed Consent, Waiver, and Release Agreement

This waiver and release is entered into between the undersigned and TRAIN WITH BRANDI, LLC, Brandi Millis.

The purpose of The BURN, is to provide fitness instruction and coaching for various levels of athletes/individuals.

The undersigned hereby acknowledges that the following was explained and agreed upon:

1. Acknowledges that the instructor is not a physician and is not trained in any way to provide medical diagnosis or any other type of medical advice.
2. Acknowledges that coaching/training is another tool for teaching athletes/individuals about themselves, but The BURN or training advice given by Brandi Millis is not guaranteed to produce positive results.
3. Acknowledges that the undersigned has been told if they feel tired, feel pain or feel out of the ordinary in any way either related to their training, or otherwise, that the undersigned should contact a physician at once.
4. Acknowledges that boot camps, running, weight training, obstacle courses, and any other related sports are an extreme test of one's mental and physical limits and carry with it potential for damage or loss of property, serious injury or death. That the undersigned assumes the risks of participating in these types of events and activities, that have medical approval and a regular medical physician they can contact regarding any medical problems that they might develop.
5. The undersigned expressly waive, release, discharge and agree not to sue from any liability of death, disability, personal injury, or action of any kind resulting from the participation with TRAIN WITH BRANDI, LLC, and Brandi Millis.
6. The undersigned agrees that this is the full agreement between the parties, that no representatives of TRAIN WITH BRANDI, LLC, nor anyone else has verbally contradicted any of the terms of this release and that the undersigned has entered into this agreement free and voluntarily without force or coercion.
7. I understand that photos or video may be taken during the course of my involvement in The BURN which may be used for promotional purposes. I understand that my photos will not be used for any promotional purposes unless I give written authorization.

Participant's Name (Please Print) _____

Signature _____ Date _____ / _____ / _____