

THE DIRTY DOZEN - LIABILITY WAIVER & MEDIA CONSENT FORM

Participant Name: _____ Date: _____

This agreement is made between the undersigned participant and WHATAWORKOUT / DANIA BEACH FITNESS for participation in The Dirty Dozen fitness program.

1. ACKNOWLEDGMENT OF RISK

I understand that The Dirty Dozen is an advanced, high-intensity training class that includes vigorous physical activity, strength training, cardio intervals, and other demanding exercises. I certify that I am in good health and physically able to participate in such a program.

2. MEDICAL CLEARANCE

I understand that it is recommended (and may be required) to obtain medical clearance from a physician before participating. I will disclose any relevant health conditions or physical limitations to the trainer before beginning the program.

3. RELEASE OF LIABILITY

I agree to release, waive, and discharge WHATAWORKOUT / DANIA BEACH FITNESS, its owner(s), trainers, staff, and affiliates from any and all liability, claims, demands, or causes of action arising from my participation, including but not limited to injury, illness, or loss of property.

4. PHOTO & VIDEO CONSENT

I grant permission to WHATAWORKOUT / DANIA BEACH FITNESS to record, photograph, and use footage of me for marketing, advertising, and promotional purposes without compensation. I understand these may be used in print, digital, and online platforms.

5. RULES OF PARTICIPATION

I agree to follow the instructor's guidance and participate safely and respectfully. I understand that missing class or showing up late may affect my progress and group dynamic. I acknowledge that this program is not interchangeable with other WHATAWORKOUT programs.

Participant Signature: _____ Date: _____

Trainer Signature (optional): _____ Date: _____