



# META MARTIAL® LIABILITY WAIVER

**PLEASE READ CAREFULLY! THIS IS A LEGAL DOCUMENT WHICH AFFECTS  
YOUR LEGAL *RIGHTS***

“I, \_\_\_\_\_, have enrolled my child, \_\_\_\_\_  
in the personalized health and fitness program offered through Martial Fitness. I  
recognize that the program may involve strenuous physical activity including, but not  
limited to, muscle strength and endurance training, cardiovascular conditioning and  
training, and other various fitness activities. I hereby affirm that my child is in good  
physical condition and does not suffer from any known disability or condition which  
would prevent or limit their participation in this exercise program. I acknowledge that  
their enrollment and subsequent participation is purely voluntary and in no way  
mandated by Martial Fitness.”

“In consideration of my child’s participation in this program,  
I, \_\_\_\_\_, hereby release Martial Fitness and its agents from  
any claims, demands, and causes of action as a result of my voluntary participation and  
enrollment.” “I fully understand that my child may injure themselves as a result of their  
enrollment and subsequent participation in this program and I,  
\_\_\_\_\_, hereby release Martial Fitness and its  
agents from any liability now or in the future for conditions that my child may obtain.  
These conditions may include, but are not limited to, heart attacks, muscle strains,  
muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to  
knees, injuries to back, injuries to foot, or any other illness or soreness that my child  
may incur, including death.”

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE  
STATEMENTS.

\_\_\_\_\_ (Parent Signature)

\_\_\_\_\_ (Date)