



WAIVER AND RELEASE OF LIABILITY

In consideration of my participation in the fitness programs of askROCCO BOOT CAMPS, I **hereby release and covenant not to sue askROCCO Media, LLC, Rocco Castellano, or askROCCO's BOOT CAMP, its officers, directors, shareholders, employees, agents, and contractors, from any and all present and future claims resulting from ordinary negligence, for personal injury, or death** arising as a result of participating in the fitness program(s) of askROCCO's BOOT CAMPS, as a result of my participation in askROCCO's BOOT CAMP and use of any equipment and or facilities, and as a result of engaging in any activities incidental thereto, wherever, whenever, or however the same may occur. **I hereby voluntarily waive any and all claims resulting from ordinary negligence**, both present and future, which may be made by family estate heirs, assigns, or me.

Further, I am aware that the activities and programs in which I have decided to participate may range from vigorous cardiovascular activity (i.e., aerobics, running, calisthenics) to the strenuous exertion of strength training (i.e., free weights, weight machines). I understand that these and other physical activities at askROCCO BOOT CAMP involve certain risks including by not limited to, death, and serious neck and spinal injuries, which could result in complete or partial paralysis, heart attacks, and injury to bones, joints, or muscles. I am voluntarily participating in program activities with the knowledge of dangers involved and hereby agree to accept any and all inherent risks of personal injury, or death.

I further agree to indemnify and hold harmless askROCCO Media, LLC, Rocco Castellano, or askROCCO's BOOT CAMP, its officers, shareholders, employees, agents, and contractors, for any and all claims arising as a result of my engaging in program activities or any activities incidental thereto, wherever, whenever, or however the same occur.

I understand that this waiver is intended to be as broad and inclusive as permitted by laws of the State of New Mexico and agree that if any portion of this Waiver and Release are held invalid, the remainder of the Waiver and Release will continue in full force and effect.

I further affirm that the venue for any legal proceedings shall be in the City of Albuquerque in the State of New Mexico

I affirm that I am of legal age and am freely signing this agreement. I have read this form and fully understand that by signing this form, I am giving up legal rights and/or remedies that may be available to me for the ordinary negligence of askROCCO BOOT CAMP or any of the parties listed above.

Date: _____

Boot Camp Participant