



APPLICATION FOR MEMBERSHIP

Dear Applicant,

Be sure to read and complete this application in its entirety. Incomplete applications will not be accepted and your admission into San Benito Strength's training programs may be compromised. **Your answers to these questions will be used to determine your eligibility for admittance into any of our strength and conditioning programs.** Parents of athletes under the age of 18, please complete this application in its entirety with your child. Please bring this completed application and liability waiver to your first training session.

San Benito Strength Gym provides strength and conditioning programs designed to challenge members physically AND mentally. These programs are designed to support members in the achievement of optimal strength, performance, and health. We are not in the business of only serving those who are genetically gifted with physical strength and endurance. **The best candidates are not those who are the most physically fit, but rather those who are committed to achieving their full physical potential, reaching their optimal state of performance, and those individuals seeking excellence in life.**

This is accomplished through the completion of vigorous exercise routines which may include sprinting, jumping, lifting heavy weights and objects, flipping tractor tires, pushing cars or trucks, dragging sleds, push-ups, chin ups, etc. The exercises and movements are challenging but never dangerous when done following proper instruction.

NOTE: Not every applicant will be qualified to join the San Benito Strength Tribe. In order to maintain the integrity of the programs, quality of service and reputation for results, the gym must be diligent with the screening process.

The fact that you are reading this means that you are ready to take action in your life - beginning with your strength, performance, and health.

It is my firm conviction that a strong physical constitution allows for greater clarity and achievement in ALL areas of your life. You will discover that San Benito Strength's training methods will challenge you and elicit growth that will be evident in your daily performance and life.

I wish you the best of luck in your quest for strength, performance, and health.

Sincerely,

Hunter Cuneo PES
San Benito Strength

[KEEP THIS TOP SHEET FOR YOURSELF]

Name _____

Address _____

Phone _____ **Occupation** _____

E-Mail _____

DOB ____/____/____ **Height** ____ ft ____ in **Weight** _____ lbs

Health and Fitness Information

How would you describe yourself today? (Circle one)

Sedentary/Inactive Lightly Active Moderately active Highly Active

How would you describe your nutrition habits? (Circle one)

Poor Fair Good Excellent

Describe your knowledge of exercise and fitness. (Circle one)

Poor Fair Good Excellent

Describe your knowledge of nutrition. (Circle one)

Poor Fair Good Excellent

Are you a student? (Circle one)

Yes No

Are you active duty, a reserve, or veteran of the military?

Yes No

Are you a business owner?

Yes No If so, name of business _____

List sports, if any, or physical activities you are currently involved in.

What physical capability or performance ability are you seeking to improve most?

In your opinion, what is your biggest physical or mental weakness? Ex. Too slow, lazy, lacking stamina etc.

Greatest physical or mental strength? Ex. Fast, disciplined, driven etc.

Complete the following statement:

In my life, I am on a mission to _____

AGREEMENT AND RELEASE OF LIABILITY

We recommend that you consult your physician before starting any exercise program.

In consideration of being allowed to participate in the activities and programs of Hunter Cuneo with San Benito Strength and to use his facilities, equipment and machinery in addition to the payment of any fee or charge; I do hereby waive, release and forever discharge Hunter Cuneo, San Benito Strength and its representatives, and owners of facilities used from any and all responsibilities or liability from injuries and damages resulting from my participation in any activities, or my use of equipment or machinery. I do also, hereby release all of those mentioned, and any other acting on their behalf, from responsibility and liability for any injury or damage to myself, including those caused by the negligent act or omission of Hunter Cuneo, San Benito Strength or others acting on their behalf, or in any way arising out of or connected with my participation in any activities of San Benito Strength, or the use of any equipment at the place of exercise.

_____ **(Initials)**

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, are potentially hazardous activities. I also understand that strength training and conditioning involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with the knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury and death.

_____ **(Initials)**

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation or use of equipment or machinery except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in an exercise/fitness activity or in the use of exercise equipment and machinery. I acknowledge that I have either a physical examination and been given my physicians permission to participate, or that I have decided to participate in activity and use of equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities. _____ **(Initials)**

In consideration of the design of an exercise program by Hunter Cuneo with San Benito Strength, I agree:

- 1) that any exercise program shall be undertaken at my sole risk; and
- 2) that Hunter Cuneo and San Benito Strength, as well as owners of facilities used for training, shall not be liable to me, nor any other person, for any claims or causes of actions whatsoever arising out of or connected with the services of Hunter Cuneo; and
- 3) that I hereby release and discharge Hunter Cuneo and San Benito Strength from any such claims for actions.

I hereby affirm that I have read and understand fully all the above.

Print Name

Signature

Date

Name of Parent/Guardian (if minor)

Signature of Parent/Guardian

Date