WORKSTRONG®
POWERED BY TITUS SPORTS ACADEMY

Nickle Electrical Companies

WORKSTRONG is designed to help you get into the best shape of your life with a proven, results-oriented program that will improve strength, flexibility, endurance, body composition and help you get in the best shape of your life and reach your physical and performance goals.

PROGRAM EXECUTION

Our program is delivered through a combination of light resistance (weights) and locomotive cardiovascular exercises. Heart rate is obviously the key factor in developing the cardiovascular system. Titus fitness training will raise the heart rate several times ('interval training') by delivering the combination of strength training and cardio work. By combining higher intensity strength training with moderate intensity aerobic exercise in the same workout, participants get stronger, more conditioned, leaner, and build an increased post-exercise metabolism.

WHAT TO EXPECT (Your First Month).

- After your first couple workouts you will probably be stiff and sore, this is nothing to be alarmed about, in fact, it is very normal
- After your 3rd – 5th workout your body will handle the stress of the workouts much better
- After 4-6 weeks of consistent attendance you should feel and see significant physical improvements

PHYSICAL CHANGES (2-3+ Months of Consistency).

- Improved total body flexibility, strength, muscle tone and endurance
- Reduced lower back and arthritic pain and less risk of injuries
- Decrease in blood pressure and a lowered risk of obesity, diabetes, stroke and heart disease
- Increased strength in muscles, joints and connective tissues
- Increase in lean body mass with less body fat percentage
- Increased mental health and productivity along with daily energy and improved sleep patterns

WORKSTRONG DYNAMIC FITNESS TRAINING SCHEDULE

Training groups begin every 15 minutes, to best accommodate your schedule, and last 1 hour.

Monday, Wednesday & Friday Mornings (6:00am – 10:30am)

Starting at: 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30, 7:45, 8:00, 8:15, 8:30, 8:45, 9:00, 9:15, 9:30Am

Tuesday & Thursday Evenings (5:00 – 7:00pm)

Starting at: 5:00, 5:15, 5:45, 6:00

Saturday Mornings (8:00am – 10:00am)

Starting at: 8:00, 8:15, 8:30, 8:45, 9:00am

302-456-FAST (3278) ***www.TitusSports.com*** ***Delaware@TitusSports.com***

WorkStrong Registration and Payment Options

HOW TO REGISTER

- Complete "Titus Member Information" and Sign "Titus Medical/Photo Release"
- Complete "Registration and Payment Options" sheet
- Check Payable to ***"Titus Sports"*** or Credit Card
- Return Forms and Payment to: **Titus Sports**
  205 Gabor Drive
  Newark, DE 19711

Participant Name _____

PREFERRED TRAINING TIME(S):

Participants can train at any of the available times, however please let us know your preferred time for staffing purposes.

- ❒ **Monday, Wednesday and/or Friday @ 6:00-10:00am**
- ❒ **Tuesday and/or Thursday @ 5:00-7:00pm**
- ❒ **Saturday @ 9:00-10:15am**

TRAINING PACKAGES / COST (with minimum 12 week commitment):

Training prices are based on regular Titus Dynamic Fitness training rates of $480 per participant per 12 weeks/24 workout commitment or $20 per workout.

❒ **$325 – Nickle Electrical Company Training Rate – 12 week commitment ($13.54/session)**

- Includes up to 24 training days
- Equivalent to training 2 days per week, however participants can train more than 2 days per week. Participants have 12 weeks to complete up to 24 workouts.
- Monthly Training Packages begin on the first scheduled training day. All workouts MUST be completed prior to the last day of the scheduled training month(s). If all training sessions are completed before the end of the scheduled training month(s) a renewal statement will be issued to continue. Those workouts not completed before the end of the scheduled training month(s) will be forfeited

PAYMENT INFORMATION:

❒ **Check or Cash** Please make checks payable to ***Titus Sports***, to cover all team training fees.
Check # _____

❒ **Credit Card Authorization** You may have your training charges paid on your Visa or MasterCard card. If you choose to do so please fill out the information below.

Card Type: ❒Visa ❒MasterCard

Name on Credit Card_____

Address _____Zip_____

Credit Card #_____Exp. Date _____/_____/_____

Authorized Signature_____ Date _____/_____/_____

TITUS MEMBER INFORMATION

PREFERRED PROGRAM

Training: _____

Days/Week _____ Month(s) _____ Session(s) _____

M T W TH F S SU Time(s): _____

Training Location: _____

OFFICE USE ONLY

Date of enrollment: _____

Line of Business: _____

Unit: _____ Group: _____

Pmt: Pd $_____ Bal $ _____

From: _____To: _____

PLEASE PRINT NEATLY AND COMPLETELY

Name: _____

Date of Birth: _____

Age: _____ Sex: Male / Female

Email: _____

T-Shirt size (circle one): **Youth** S M L / **Adult** S M L XL XXL XXXL

Address: _____

City: _____ State: _____ Zip: _____

Phone: (H) _____ (W) _____ (C) _____

Any Pre-existing Medical Conditions? _____

Is condition worsened by exercise? _____

Please list any medications you are currently taking: _____

_____

EMERGENCY CONTACTS

PRIMARY CONTACT

Name: _____ Relation: _____

Phone: (H) _____ (W) _____ (C) _____

Email: _____

SECONDARY CONTACT

Name: _____ Relation: _____

Phone: (H) _____ (W) _____ (C) _____

Email: _____

HOW DID YOU HEAR ABOUT TITUS? _____

_____

FOR ATHLETES ONLY

School/Team: _____

Parent/Guardian Name: _____

Sport(s) & Position(s): _____

PLEASE COMPLETE THE MEDICAL & PHOTO RELEASE FORM ON THE NEXT PAGE.

PERFORMANCE TRAINING

TITUS MEDICAL & PHOTO RELEASE

PERFORMANCE TRAINING

PARTICIPANT RELEASE

_____(hereinafter "the undersigned" or "the participant"), to enable the undersigned to participate in a Titus Sports Academy, LLC and/or any of its related entities (hereinafter "TitusSports") Speed/Strength training program [select appropriate program: fitness training/sports performance training/basketball academy/baseball academy] (hereinafter "the program") the undersigned for and on behalf of himself/herself, consents and agrees to his/her participation in the program sessions to be held commencing _____, under the following terms and conditions and with the following understanding:

TitusSports recommends all participants obtain a physical examination from their physician prior to participation in the program.

1. The program requires the participant to perform a great deal of physical exertion, including sprints, weight lifting and agility drills. This form of exercise directly effects heart rate, body temperature and respiration, and requires the participant to be in good physical condition. In addition, the movement of weights and use of athletic equipment can cause muscle, ligament and bone injury. It is up to the participant to ensure that he/she is physically capable and in good medical condition, so as to permit safe participation in the program. TitusSports shall have no responsibility, nor liability to confirm the medical condition of a participant. The undersigned recognizes the possible dangers connected with any physical activity and it is expressly agreed that participation in the program shall be undertaken at the participant's own risk. In consideration of the undersigned's participation in the program, the undersigned hereby certifies and represents that he/she is in good medical condition and is physically capable of safely participating in the program and utilizing all exercise equipment, athletic equipment and training required in the program.

2. The undersigned hereby releases TitusSports, its officers, directors, employees, agents, representatives, coaches, and volunteers, as well as the owners of any facilities in which the program is conducted, on behalf of himself/herself and any one claiming by, through or under the undersigned, from any and all claims of damage, injury or death, of any kind, arising out of the undersigned's participation in the program. In addition, the undersigned acknowledges and agrees that TitusSports shall not be held responsible, nor liable, for any injury to any participant caused by any other participant and hereby agrees to indemnify and hold TitusSports harmless from any claims of damage, injury or death arising out of the participation of the undersigned in the program, including injuries caused in whole or in part by the undersigned, or another participant.

Moreover, by this release, the undersigned also intends to fully, completely and forever release discharge and absolve TitusSports and all of its officers, directors, employees, agents, representatives, coaches, and volunteers from any and all liability for any active or passive negligence whatsoever on the part of TitusSports, its officers, directors, employees, agents, representatives, coaches, and volunteers, and the undersigned hereby waives and relinquishes any claim or cause of action against them for any loss, claim damage, personal injury, disability, death, medical and any other type of expense, damage, or loss caused by any active or passive negligence of TitusSports, its officers, directors, employees, agents, representatives, coaches, and volunteers. The undersigned further agrees and promises not to sue or exercise any legal right to seek damages or relief of any nature from TitusSports, its officers, directors, employees, agents, representative, coaches, and volunteers. The undersigned certifies that he/she has read this release and all of the statements contained herein and further represents that he/she understood its contents and has voluntarily executed this release. The undersigned understands that he/she is giving up valuable rights and is signing this release voluntarily. The undersigned further agrees that no oral representations, statements, or inducements of any kind apart from this written release have been made with regard to the subject matter of this release.

3. If any scheduled session of the program is postponed or continued for any reason, or if the session is extended, or the participant renews for additional sessions, the representations and other provisions of this Release shall extend to such continued, extended or renewed session.

4. The undersigned hereby warrants that he/she is over the age of eighteen, is competent to contract in his/her own name and that the undersigned has the authority to grant this consent and release.

Print Name: _____ Signature: _____ Date: _____

Parent/Guardian Name: _____ Signature: _____ Date: _____

PHOTO RELEASE

My signature below indicates my approval for use of photographs taken of the athlete/fitness client listed above by Titus staff for use as they see fit. This includes but is not limited to: advertisements, brochures, flyers, promotional items, and/or media kits. It us understood that there will be no compensation for use of the photograph taken by Titus Sports Academy.

Signature: _____

Relationship if athlete is a minor: _____