

Trainer's Release of Liability

- I. **The Parties.** This Informed Consent and Assumption of Risk and Release of Liability ("Release") is made on the Effective Date of this Agreement and entered between:

Client: _____

Email: _____

- II. **Informed Consent.** The Client acknowledges, certifies and accepts the following: {initial where applicable}

_____ **Physical Condition.** That they are of adequate physical condition to participate in exercise/movement despite any current medical conditions they may possess.

_____ **Assumption of Risk.** That they assume the risk of physical injury from any advice, instruction, or action conducted during or as a result of a session and/or seminar with the Trainer.

_____ **Reporting Discomfort.** That any discomfort, distress, or uncomfortable feelings will be immediately brought to the attention of the Trainer.

_____ **Indemnification.** That they will NOT hold the Trainer or its employer, employees, affiliates, agents or any other entity or individual connected to them, either directly or indirectly, liable for any result from the Sessions or Seminars.

_____ **Responsibility.** That they, the Client, assume all responsibility for a client's participation in the Sessions or Seminars.

_____ I consent to be photographed or a part of videography for the purpose of social media promotion.

Client Signature: _____

Print Name: _____

Date: _____