

TEAMFUNERAL FITNESS

Liability Waiver & Assumption of Risk Agreement

This Liability Waiver & Assumption of Risk Agreement ("Agreement") is entered into between **Teamfuneral Fitness** ("Trainer") and _____ ("Client").

Client Name: _____

Date of Birth: _____

Phone: _____ **Email:** _____

Emergency Contact: _____

Emergency Contact Phone: _____

1. Assumption of Risk

I understand that participation in personal training, strength training, cardiovascular exercise, flexibility training, conditioning, and other fitness activities involves inherent risks, including muscle strains, sprains, falls, equipment-related injuries, illness, permanent disability, and, in rare circumstances, death. I voluntarily choose to participate and knowingly accept these risks.

2. Medical Acknowledgment

I certify that I am physically able to participate in an exercise program or have consulted a healthcare provider before beginning training. I agree to immediately notify Teamfuneral Fitness of any injury, illness, surgery, pregnancy, medication change, or other medical condition that may affect my ability to safely participate.

3. Release of Liability

To the fullest extent permitted by applicable law, I release and hold harmless Teamfuneral Fitness, its owner, employees, and representatives from claims arising from my participation in personal training services, except to the extent caused by gross negligence or willful misconduct.

4. Emergency Medical Authorization

In the event of a medical emergency, I authorize Teamfuneral Fitness to contact emergency medical services and my emergency contact. I understand that I am responsible for any resulting medical expenses.

5. Facility Acknowledgment

I understand that my training sessions may take place at **the Gym**, owned and operated by Trifecta LLC. Teamfuneral Fitness is an independent personal training business. I acknowledge that the Gym may require a separate facility liability waiver.

6. Photography & Social Media Release (Optional)

- I authorize Teamfuneral Fitness to use photographs and/or videos of me for promotional purposes.
- I do not authorize Teamfuneral Fitness to use my image.

7. Entire Agreement

This Agreement represents the complete understanding between Teamfuneral Fitness and the Client regarding assumption of risk and release of liability. If any provision is found unenforceable, the remaining provisions shall remain in effect.

Acknowledgment

I certify that I have read this Liability Waiver & Assumption of Risk Agreement, understand its contents, and voluntarily agree to its terms.

Client

Printed Name: _____

Signature: _____

Date: _____

TEAMFUNERAL FITNESS

By: _____

Printed Name: Andre Hill

Title: Owner / Personal Trainer

Date: _____