



‘Results are earned by actively participating and challenging yourself’

Informed Consent and Assumption of Risk and Release from Liability Form

Trainer Name: _____

Client Name: _____ Phone: _____

Email: _____ Emergency Contact: _____

Both binding parties agree to the terms and conditions:

Fitness training includes exercise to build the cardiorespiratory system which regulate the heart and lungs, build the musculoskeletal system which regulates muscle endurance, strength and flexibility and improve body composition. Exercise can include weight lifting, resistance training, aerobics, flexibility and balance training to improve overall physical and mental function ability.

Parties understand that there are potential risks to exercising and should disclose any medical problems which may be aggravated by participating in an exercise program. Risks included and are not limited to abnormal blood pressure, heart attack, strains, pain and other injuries. Clients with serious medical conditions are advised to consult a physician as to whether they should participate in an exercise program or not.

Client understands that personal trainer will not be held liable for any injuries suffered during training program and as such client assumes full responsibility for any injuries or damages occurring in the training program. Client asserts to be in good physical condition that will not prevent them participating in active and passive exercise as a result client fully and forever release personal trainer and assigns from all claims, demands, damages and rights of action present and future.

Client can terminate a recurring monthly plan after 30 days of initial training session and be refunded monies for unused sessions. Client and Trainer shall provide 24 hours of notice for cancelling and rescheduling sessions as client’s failure to do so will deem payment nonrefundable and trainer’s failure to give 24-hour notice shall subject client to a refund.

While exercise is beneficial to health and wellness trainers cannot solely and unquestionably guarantee the results of training sessions.

Client knowingly agrees to sign informed consent and assumption of risk and release of liability form.

Clients Signature: _____ Date: _____

Trainer Signature: _____ Date: _____