

Please read the following questions carefully and initial each corresponding line; then print, sign, and date the bottom.

1. **I do hereby forever waive, release, and discharge** the Personal Trainer from any and all claims or liabilities for injuries or damages to my person and/ or property, including those caused by negligent act or omission of those mentioned or others acting on their behalf, arising out of or any equipment at various sites, including home, provided by and/or recommended by the Personal Trainer. **Initial** _____
2. **I have been informed, understand, and am aware** that exercise and the use of equipment are potentially hazardous activities. I also have been informed, understand, and am aware that fitness activities involve a risk of injury, including a remote risk of death or serious disability, and that I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding, and appreciation of the dangers involved. **Initial** _____
3. **I do hereby further declare myself to be physically sound** and suffering from no condition, impairment, or other illness that would prevent my participation of use of equipment, machinery, and training services. I do hereby acknowledge that I have been informed of the need for a physician's approval, for my participation in the exercise activities, programs, and the use of equipment. It has been recommended that I have yearly or ore frequent physical examinations and consultations with my physician as to physical activity, exercise, and use of equipment. I acknowledge that I have either had a physical examination and have been given my physician's permission to participate, or that I have decided to participate in the exercise activities, programs, and use of equipment without the approval of my physician and hereby assume all responsibility for my participation in said activities, programs, and use of equipment. **Initial** _____
4. **The Personal Trainer reserves the right to require a physician's approval** for any individual who scores below adequate score on the Physical Activity Readiness Questionnaire (PAR-Q) or reveals any other health related concerns. The Personal Trainer also reserves the right to deny access to the weight training program to any individuals who will not comply with our request of a consultation with a physician. **Initial** _____
5. **I understand that the Personal Trainer's provision and maintenance** of a fitness program for me does not constitute and acknowledge, representation, or indication of my physical well-being, or medical opinion relating thereto. **Initial** _____

Client and Personal Trainer acknowledge that this agreement constitutes their entire agreement and understanding, and any changes must be done in writing and signed by both parties.

I READ AND UNDERSTAND THIS RELEASE.

Client Print

Client Signature

Date

Personal Trainer Print

Personal Trainer Signature

Date