

# *Waiver and Release of Liability*

I, \_\_\_\_\_, intending to be legally bound, and recognizing the danger involved in physical exercise, do agree as follows:

In consideration for the services rendered by \_\_\_\_\_ in the establishment of a personal physical-fitness program for my benefit, I agree to waive any rights, claims, or damages for injuries which may occur as a result of my participation in said fitness/nutrition program.

I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in said fitness program.

I understand that \_\_\_\_\_ is a personal training company and not a medical doctor, and that they will in fact be relying on my representations and disclosures regarding my health and physical condition.

I also do not hold the aforementioned institutions liable for any personal injuries, bodily injuries, or property damage while going to and from the aforementioned property.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_