

Client Agreement/ Informed Consent

I, the undersigned , hereby expressly and affirmatively state that I wish to participate in the personal training program of _____.

I realize that my participation in these activities involves potential risk of injury, including but not limited to bodily injury, heat attack, stroke, or even death. I also recognize there are other risks associated with exercise and personal training and that it is not possible to list every one. I know and understand the risks of exercise, understand that injuries are a possibility, and I hereby assume all risks of injury which could occur by reason of my participation in this personal-fitness program.

Signed: _____

Date: _____

Witnessed: _____