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**Waiver & Release Form**

Before starting out an exercise program with a personal trainer and because you are at risk of injury due while exercising, it’s important that you visit your doctor and undergo a physical examination.

By participating in any physical training activity and exercise under the guidance of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (personal trainer), you acknowledge that this is at your own risk.

While \_\_\_\_\_\_\_\_\_\_\_ (personal trainer) may recommend changes in your diet as well as the use of supplements and other products (for weight loss or body building), you acknowledge that you should consult a doctor before undertaking these changes. You also acknowledge that when you do use these products, you do so at your own risk.

You also acknowledge that both the activities you are partaking in and the facilities you are using under the auspices of \_\_\_\_\_\_\_\_ (personal trainer) are done voluntarily and that neither \_\_\_\_\_\_\_\_ (personal trainer) or the venue can be held liable in the case of injury, illness or death.

The safekeeping of personal property is also your responsibility and any loss is not the responsibility of \_\_\_\_\_\_\_\_ (personal trainer) or the venue in which you are training.

You acknowledge that you have read through this “waiver and release” carefully. You also acknowledge that you fully understand that it is a release of liability.

You therefore expressly agree to release and discharge \_\_\_\_\_\_\_\_\_\_ (personal trainer) or any other instructor (for example during a group fitness session) from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring any legal action against them for personal injury or property damage.

Note that to the extent that statute or case law does not prohibit releases for negligence, this release also, therefore, covers that as well.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that this release cannot be altered orally. I also acknowledge that I understand all the contents herein.

**Signed by : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Full Name (print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Witness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dated: \_\_\_\_\_\_\_\_\_\_\_**