

Fitness Trainer Release Form

Date: _____

To Whom It May Concern,

I, [**Client Name**], hereby acknowledge that I have voluntarily enrolled in a fitness training program with [**Trainer Name**].

In consideration of the services provided, I release and hold harmless [**Trainer Name**], [**Fitness Facility Name**], and its agents from any and all liability for injuries sustained while participating in the fitness training program.

I fully understand that physical exercise and training involve inherent risks of injury, and I assume full responsibility for any injuries, losses, or damages that may occur while participating.

I have read this release form and understand its content. I am of legal age and competent to sign this release.

Signature of Client

Date: _____

Signature of Trainer

Date: _____