

Waiver of Liability for Personal Training

Date: _____

Name: _____

Address: _____

Email: _____

Phone: _____

This waiver of liability is executed by the undersigned, hereinafter referred to as "Client," in favor of [Trainer's Name/Company], hereinafter referred to as "Trainer."

The Client acknowledges that personal training involves physical activity, which includes but is not limited to, strength training, cardiovascular exercise, and flexibility training. The Client understands that participation in such activities carries inherent risks of injury.

By signing this waiver, the Client agrees to the following:

- The Client acknowledges and accepts that they are participating in personal training sessions voluntarily and at their own risk.
- The Client releases the Trainer from any liability for injuries or damages that may occur during training sessions.
- The Client confirms they have disclosed any pre-existing health conditions or injuries to the Trainer.
- The Client agrees to follow all instructions and guidelines provided by the Trainer to ensure their safety.

By signing below, the Client affirms that they have read, understood, and agreed to this waiver of liability.

Signature: _____

Date: _____