

Personal Liability Waiver

The risk of injury from participating in this or any fitness regimen and or from the performance of exercises demonstrated by your personal trainer is significant, and includes potential for catastrophic injury or death. You should consult a medical professional before undertaking any fitness regimen or exercise program or diet including any exercises or techniques set forth in materials provided by your personal trainer or registered dietitian. By signing this form you agree that you will not undertake or perform any exercise or techniques described by your personal trainer unless you consult with and are cleared by a medical doctor in relation to such participation, and you also agree to the terms of these warnings and disclaimers. By signing this form you release any liability of your personal trainer for any injury caused by your training regimen.

Member's name
(Printed) _____ Date _____

Member's name
Signature _____ Date _____

Trainer's
Signature _____ Date _____

Trainer's name
(Printed) _____ Date _____