

Personal Trainer Liability Form

This Agreement is entered into on this _____ day of _____, 20____, between
_____ ("Trainer") and _____ ("Client").

1. ACKNOWLEDGMENT OF RISK

The Client acknowledges that the fitness program offered by the Trainer includes strenuous physical activity, including but not limited to weightlifting, aerobic exercise, and flexibility training. The Client fully understands and agrees that there are risks and potential hazards involved in participating in physical exercise and training.

2. ASSUMPTION OF RISK

The Client knowingly and voluntarily assumes all risks associated with participating in the training program, including but not limited to risk of injury, accidents, or other physical or emotional harm.

3. RELEASE OF LIABILITY

The Client hereby releases, waives, discharges, and covenants not to sue the Trainer, its employees, agents, or representatives from any liability, claims, demands, actions, or rights of action arising from or related to any loss, damage, or injury, including death, that may be sustained by the Client during or as a result of the training program.

4. INDEMNIFICATION CLAUSE

The Client agrees to indemnify and hold harmless the Trainer from all claims, actions, losses, damages, liabilities, costs, and expenses, including attorney fees, arising out of or related to the Client's participation in the training program.

5. MEDICAL CLEARANCE AND HEALTH ACKNOWLEDGMENT

The Client represents that they are physically fit and have obtained medical clearance from a healthcare provider to participate in the training program. Any known medical conditions, limitations, or restrictions have been disclosed to the Trainer.

6. CLIENT'S RESPONSIBILITIES

The Client agrees to follow the Trainer's instructions, use equipment properly, and act in a manner that is respectful and safe for themselves, the Trainer, and other participants.

7. EMERGENCY MEDICAL TREATMENT

In a medical emergency, the Client grants permission to the Trainer to administer first aid or seek medical treatment as deemed necessary.

8. ENTIRE AGREEMENT

This Agreement constitutes the entire agreement between the parties and supersedes all prior discussions, agreements, or understandings.

9. GOVERNING LAW

This Agreement shall be governed by and construed in accordance with the laws of the state of _____.

By signing below, the Client acknowledges that they have read and understood this Agreement and agree to be bound by its terms.

Trainer's Signature

Client's Signature

Trainer's Printed Name

Client's Printed Name

Date

[If the client is a minor, include a section for a parent or guardian to sign.]
