

Personal Trainer Liability Waiver

By signing this waiver, I acknowledge that I have voluntarily chosen to participate in personal training sessions at _____ with the guidance of qualified trainers. I understand that physical exercise, including strength training, cardiovascular exercise, and flexibility training, carries inherent risks, such as muscle strain, sprains, fractures, and cardiovascular complications.

I acknowledge that the trainers, and staff are not liable for any injuries or damages that may occur during or as a result of personal training sessions. I understand that it is my responsibility to disclose any pre-existing medical conditions, injuries, or limitations to my trainer before beginning any exercise program. Failure to disclose such information may increase the risk of injury.

I agree to follow the instructions and recommendations provided by my trainer during personal training sessions. I understand that failure to do so may increase the risk of injury and I release the trainers, and staff from any liability resulting from such actions.

I understand that results from personal training sessions may vary and are dependent on various factors, including my commitment, consistency, and adherence to the program. I also understand that the trainers, and staff make no guarantees regarding the outcomes of personal training sessions.

I agree to indemnify and hold harmless _____, its trainers, and staff from any claims, liabilities, damages, or expenses, including legal fees, arising from my participation in personal training sessions.

Please sign below to indicate that you have read, understand, and agree to the terms and conditions outlined in this Personal Trainer Liability Waiver.

Client's Signature:
Name:
Date: