



Informed Consent & Liability Release Form

General statement of program objectives and procedures:

I understand that this physical fitness program includes exercise to build the cardio-respiratory system (heart and lungs), musculoskeletal systems (muscle endurance and strength, and flexibility) and to improve body composition (decrease of body fat in individuals needing to lose fat, with an increase in weight of muscle). Exercise may include aerobic activities (treadmill, walking, running, bicycle riding, rowing machine exercise, group aerobic activities and other activities), calisthenics exercises, and weight lifting to improve muscular strength and endurance and flexibility exercises to improve joint range of motion.

Description of Potential Risks:

I understand that the reaction of the heart, lungs, and blood vessel system to exercise cannot always be predicted with accuracy. I know there is a risk of certain abnormal changes occurring during the following exercise which may include abnormalities of blood pressure. Use of weight lifting equipment and engaging in heavy body calisthenics may lead to musculoskeletal strains, pain and injury if adequate warm up, gradual progression, and safety procedures are not followed. I understand that the personal trainer and facility (Sportslab) shall not be liable for any damages arising from personal injuries sustained by the client while enduring the personal training program. Client using the exercise equipment during the personal training program does so as his / her own risk. Client assumes full responsibility for any injury or damages that may occur during the training.

I hereby fully and forever release and discharge the personal trainer and Sportslab, its assigns and agents from all claims, demands, damages, rights of action, present and future therein.

I understand and warrant, release and agree that I am in good physical condition and that I have no disability, impairment or ailment preventing me from engaging in active or passive exercise. I state that I have had a recent physical checkup and have my personal physician's permission to engage in aerobic and/or anaerobic conditioning.

Description of potential benefits:

I understand that a program of regular exercise for the heart, lungs, muscles has many benefits associated with it. These may include a decrease in body fat, improvement in blood pressure, improvement in physiological function, increase in muscle, and decrease in heart disease.

I have read the foregoing information and understand it. Any questions which may have occurred to me have been answered to my satisfaction.

Name: _____

Signature _____ Date _____