Personal Training Liability Waiver

Waiver and Release of Liability

I, [ ], hereby acknowledge that I have voluntarily chosen to participate in a physical exercise program with **Resonance Personal Training**. I understand that the program includes activities that may be strenuous and may cause bodily injury. I am fully aware of the risks and hazards involved.

Acknowledgment of Risks:

- I acknowledge that physical exercise can involve a risk of serious injury or even death.
- I understand that it is my responsibility to consult with a physician prior to my participation in this exercise program.
- I declare that I am physically fit and able to participate in this program.

Release of Liability:

- I hereby release **Resonance Personal Training**, its trainers, employees, agents, and representatives from any claims, demands, and causes of action arising from my participation in the exercise program.
- I fully understand that I may injure myself as a result of my participation, and I voluntarily assume the risk of such injury.
- I agree to indemnify and hold harmless [Resonance Personal Training] against any claims of injury, damage, or loss.

Acknowledgment of Understanding:

- I have read this waiver and release of liability and fully understand its terms.
- I acknowledge that I am signing this waiver freely and voluntarily.
- I agree that this waiver and release is binding upon myself, my heirs, executors, administrators, and representatives.

Consent for Emergency Medical Treatment:

- I consent to medical treatment for emergencies during my participation in the exercise program where I am unable to consent to such treatment.

Emergency Contact Info

- **Name: _____**
- **Relationship: _____**
- **Contact Number: _____**

Client's Signature:_____

Date: _____