

Personal Training Waiver and Release of Liability

GriffinsTraining.com

Participant Details:

Name: _____
Date of Birth: _____
Address: _____
Phone Number: _____
Email: _____

Emergency Contact:

Name: _____
Phone Number: _____

Acknowledgment and Assumption of Risk:

I, the undersigned, acknowledge that participating in personal training sessions involves physical activity that has inherent risks. I agree to assume all risks associated with my participation, including but not limited to injury, illness, or other health-related issues. **Initials:** _____

Waiver and Release of Liability:

In consideration of the personal training services provided, I hereby release, waive, discharge, and hold harmless [Trainer/Trainer's Business Name], its owners, employees, representatives, and agents from any and all claims, damages, or liabilities for injury, illness, or damages that I may incur as a result of my participation in personal training sessions, whether caused by negligence or otherwise. **Initials:** _____

Medical Information:

I confirm that I am in good health and do not have any medical conditions that would prevent me from engaging in physical activity. I understand that it is my responsibility to consult with a healthcare professional before starting any new exercise program. **Initials:** _____

Photo/Video Release:

I grant permission for photographs and videos taken during training sessions to be used for promotional purposes. **Initials:** _____

Cancellation Policy:

I understand the cancellation policy and agree to provide at least 8 hours' notice for any session cancellations. **Initials:** _____

Acknowledgment:

I have read and understood this waiver and release. I agree to abide by all instructions provided by my trainer and to listen to my body's signals. **Initials:** _____

Signature: _____ Date: _____

Jenny Griffin Signature: _____