

Personal Trainer Liability Waiver

I, the undersigned, acknowledge and agree that I am voluntarily participating in personal training sessions and/or fitness programs provided by the Personal Trainer. I understand that participation in physical activity involves inherent risks, including but not limited to, injury, illness, or death.

I hereby waive, release, and discharge the Personal Trainer from any and all liability, claims, demands, or causes of action that may arise from my participation in these sessions, whether caused by negligence or otherwise, to the fullest extent permitted by law.

I confirm that I am physically capable of participating in these activities and have notified the Personal Trainer of any medical conditions or concerns that may affect my participation.

Participant Information

Full Name

Email

Date

Signature