



## Client Consent Form

**Note:** Please read the following information carefully. Please print and sign your name at the bottom of this form. By signing this Consent, you are agreeing to the stipulations and requirements of a personal training program

I, \_\_\_\_\_, agree to participate in a personal training program for the previously agreed-upon fee. I understand that I must cancel a scheduled session at least 24 hours prior to the scheduled appointment. If I fail to do this, I will forfeit the session without a refund.

I understand that this training program is not medically supervised, and that such a training program is designed for healthy people with no medical conditions or risks, either physical or psychological. I represent that I am in good physical condition and have no medical reason or impairment that might prevent me from participating in a training program. If I have any medical concerns now, or after the program, I will discuss them with my doctor. Information provided by *X Factor Fitness Solutions* is not intended to diagnose, treat, cure or prevent any disease of any kind.

If I have an existing medical condition, before I can begin, I will present *X Factor Fitness Solutions* with a medical release, signed and dated by my personal physician. This form represents my physician's approval to participate in a training program, and provides an opportunity to submit recommendations and contraindications for client participation.

Participating in a personal training program involves the risk of injury to me, whether I or someone else causes it. Specific risks vary from one activity to another, with the risks ranging from minor injuries, to catastrophic injuries (including death). **In consideration of my participation in the activities offered by *X Factor Fitness Solutions*, I understand and voluntarily accept this risk and agree that *X Factor Fitness Solutions*, its directors, employees, volunteers, and agents will not be liable for any injury, including, without limitation, personal, bodily, or mental injury, economic loss or any damage to me, my spouse, guests, unborn children, or relatives resulting from the negligence of *X Factor Fitness Solutions* or anyone on our behalf whether they are related to exercise or not.** Further, I understand that *X Factor Fitness Solutions* does not manufacture the equipment that is used during training. *X Factor Fitness Solutions* is providing recreational services and may not be held liable for defective equipment used during training. By signing below, I acknowledge and agree that I have read the foregoing and know the nature of the activities provided by *X Factor Fitness Solutions* and I agree to all the terms of this Agreement.

Print Name \_\_\_\_\_ Date \_\_\_\_\_

Client Signature \_\_\_\_\_



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