

I (name) _____ understand that my participation in exercise programmes, classes or events and any related activity conducted by John Pilkington, Personal Trainer, is voluntary and at my own risk.

I am aware that exercise can be physically stressful and, in certain instances, can even result in injury or cause death.

The levels of exercise that I will perform will be at my own pace, based upon my cardio-respiratory (heart & lung) fitness, muscular strength and endurance.

I hereby state that I will inform the trainer of any symptoms (e.g. fatigue, shortness of breath, chest discomfort, any pain/discomfort/concern for my safety/benefit) during my participation in exercise. If I have high blood pressure, diabetes, a heart condition, an existing injury, recent surgery or if I am taking any prescribed medications that could affect my performance, I will inform the trainer prior to participating in any exercise.

- I understand that I will be given instructions on how to perform an exercise and use equipment and I will ask the trainer any questions if I do not understand.
- I was offered the opportunity to be instructed on how to perform an exercise and use equipment, however I declined because:

_____(reason)

John Pilkington, Personal Trainer, will not be liable for any injuries or damage arising out of participation or use of facilities to the undersigned. It is agreed that John Pilkington, Personal Trainer, shall not be responsible or liable to the undersigned for articles lost or stolen whilst making use of the facilities.

I acknowledge that I have read this document in its entirety and understand the above. I have had the opportunity to ask questions and receive answers.

Client Signature: _____ Date: _____

Print Name: _____

Trainer Signature: _____ Date: _____

Print Name: _____

JPPT