



## Waiver and Release of All Claims by Client (Fitness Assessment)

The Client acknowledges that a fitness assessment involves brief periods of exercise and that any such exercise involves a risk of injury.

The Client represents that he/she has been recently examined by a medical doctor and been found able to undertake a program of exercise.

For and in consideration of the design of an exercise program for Client by \_\_\_\_\_ ("Trainer"), Client agrees that:

1. Any fitness assessment shall be undertaken by Client at his/her sole risk; and
2. Trainer shall not be liable to Client, nor any other person, for any claims or causes of action whatsoever arising out of or connected with the services of Trainer; and
3. Client hereby releases and discharges Trainer from any such claims or actions.

\_\_\_\_\_  
Client's signature

\_\_\_\_\_  
Date