



Falconer Performance Coaching

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Your Name:

Your Address:

Liability Waiver and Release of Claims

I, _____, hereby acknowledge and agree to participate voluntarily in personal training sessions provided by Falconer Performance and understand the potential risks and hazards involved. In consideration of being allowed to participate in the personal training sessions, I agree to the following terms and conditions:

Assumption of Risk:

I am fully aware that the personal training sessions may involve strenuous physical activity, including but not limited to, cardiovascular exercises, weightlifting, resistance training, and other fitness activities. I understand that such activities carry the risk of physical injury, including the risk of serious or disabling injury or death. I voluntarily assume all risks associated with participating in the personal training sessions, including but not limited to any injuries that may result from the negligence or fault of the Personal Trainer.

Personal Health and Safety:

I hereby affirm that I am in good physical condition and have no medical conditions, limitations, or disabilities that would prevent me from participating in the personal training sessions. If at any point during the training sessions, I feel unwell or experience any pain, discomfort, or other symptoms, I will immediately notify the Personal Trainer. I understand and agree that it is my responsibility to consult with a healthcare professional before beginning any exercise program.

Release and Waiver:

In consideration of being permitted to participate in the personal training sessions, I hereby release, discharge, and hold harmless the Personal Trainer, their agents, employees, and





any affiliated entities from any and all claims, liabilities, demands, actions, causes of action, costs, and expenses, whether at law or in equity, arising out of or in connection with my participation in the personal training sessions. This release includes, but is not limited to, any claims for personal injury, property damage, or wrongful death, and is intended to be as broad and inclusive as permitted by the laws of the jurisdiction in which the personal training sessions take place.

Indemnification:

I agree to indemnify and hold harmless the Personal Trainer, their agents, employees, and any affiliated entities from and against any and all claims, liabilities, demands, actions, causes of action, costs, and expenses, including reasonable attorney's fees, arising out of or in connection with my participation in the personal training sessions.

Confidentiality:

I understand and agree that any information disclosed to the Personal Trainer during the personal training sessions will be kept confidential, except as required by law or with my express consent.

Governing Law:

This liability waiver and release of claims shall be governed by and construed in accordance with the laws of the [State], without regard to its conflict of laws principles.

I have carefully read and fully understand the terms and conditions stated in this liability waiver and release of claims, and I voluntarily agree to be bound by them. I acknowledge that I have had the opportunity to seek legal counsel before signing this waiver and that I am signing it freely and voluntarily without any inducement or assurance of any nature.

Client's Full Name: _____

Client's Signature: _____

Date: _____

Personal Trainer's Full Name: _____

Personal Trainer's Signature: _____

Date: _____

