



Commit. Persevere. Succeed

PERSONAL TRAINING AGREEMENT

Congratulations on your decision to participate in an exercise program with Lean on Me Fitness, LLC. We feel privileged that you have chosen us to help guide you on your amazing journey toward a healthier and happier you. We are dedicated to making a positive impact on your life via scientifically based training techniques and life-changing success principles. At Lean on Me Fitness, LLC, our product is a better you!

In any aspect of life, success is based upon commitment and the ability to persevere. In order to maximize the benefits of training, it is recommended that all program guidelines during supervised and, if applicable, unsupervised training days be strictly followed to the best of one's abilities. Remember, for the best results, it is essential to combine exercise and proper nutrition.

During your exercise program, every effort will be made to assure your safety. However, as with any exercise program, there are risks, including increased heart stress and chances of musculoskeletal injuries. In volunteering for this program, you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disabilities that would prohibit an exercise program.

A physician's examination within the last year is recommended for (1) *all* participants with *any* exercise restrictions; and (2) *all* men \geq 45 years old and *all* women \geq 55 years old. Those falling in the latter category should also obtain a Stress Test to evaluate the heart's reaction to exercise stress. It is recommended that those who have had or will have a physician's examination and/or Stress Test prior to beginning the personal training sessions have the examination and laboratory results sent to Lean on Me Fitness, LLC. Personal Training participants in either or both of these categories who do NOT have a prior physician's examination and/or Stress Test MUST acknowledge they have been informed of its importance. By signing below, you accept full responsibility for your own health and well-being AND you acknowledge an understanding that no responsibility is assumed by the leader of the exercise program.

Personal Training Terms and Conditions

1. Specific session dates and times are established every one to two weeks. The client agrees to commit to the scheduled dates and times.
2. Payment is due at the time of service. Cash, check, or credit card is accepted. If choosing to use credit card, a small convenience fee will be applied.
3. Training sessions are a reservation of your trainer's time. Therefore, any no-shows and sessions cancelled with a less than 24-hour notice may be charged according to the discretion of the trainer. Excusable situations may include but are not limited to, personal illness and/or personal or family emergencies.
4. A small traveling fee may apply depending on location of service.

I have read the above document and verify my compliance with this agreement.

Participant's Name

Participant's Signature

Date

Parent/ Guardian's Signature (If needed)

Date

Trainer's Signature

Date