

Online Personal Training

Personal Training Agreement

As the Customer of S.T.R.ON.G Temple Fitness & Personal Training, LLC, I agree to pay for and participate in virtual personal training fitness and nutrition programs provided by S.T.R.ON.G Temple Fitness & Personal Training. These programs may include, but are not limited to, resistance training, aerobic or cardiovascular exercise, and meal plans.

**Trainer Responsibilities**

S.T.R.ON.G Temple Fitness & Personal Training will provide me with access to a personal trainer to work with me based upon the activity I particpate in . A personal trainer can help provide me with the inspiration, training, direction, and individual instruction required to achieve my personal fitness and nutrition goals.

S.T.R.ON.G Temple Fitness & Personal Training will design a safe, effective exercise program for me on an individual basis that reflects my objectives, fitness level, and experience. My personal trainer will help me meet my goals.

**Client Responsibilities**

I acknowledge that my personal trainer is not necessarily a medical professional and is without

expertise to diagnose medical conditions or impairments. I agree to promptly and fully disclose

to personal trainer any injury, condition or impairment which may have a negative effect on me,

or which may impact my ability to continue with the training program I have chosen.

I certify that I am physically capable of participating in a strength, flexibility and aerobic training

exercise program and using the equipment associated with such training; that I am over the age of eighteen (18) years; and that I have either (a) had a physical examination and been given a

physician’s permission to participate in this training program; or (b) decided to participate in this

training program without the approval of a physician.

**Release & Waiver**

In consideration of this agreement to instruct and train me, I forever release, discharge, and hold

harmless S.T.R.ON.G Temple Fitness & Personal Training and employees from any and

all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any program offered by S.T.R.ON.G Temple Fitness & Personal Training. This release includes any injuries resulting from any instruction given, including any negligent instruction or supervision. I understand that S.T.R.ON.G Temple Fitness & Personal Training and its associates will NOT be responsible for any.

I understand that any exercise program, whether or not requiring the use of exercise equipment, is a potentially hazardous activity involves a risk of injury, including abnormal changes in blood

pressure, fainting, and a remote risk of heart attack, stroke, other serious disability or death. I am

voluntarily participating in these activities with full knowledge, understanding and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury,

regardless of severity, or death. I understand that an examination by a physician should be obtained by anyone prior to commencing a fitness, nutrition, exercise program or any combination of these activities. If I have chosen not to obtain a physician’s consent prior to beginning this fitness or nutrition program, I hereby expressly acknowledge that I am doing so solely at my own risk.

It is my express intent that this Agreement binds the members of my family (including, but not

limited to, any spouse and children), so that it will be deemed as a full release, waiver, discharge

and covenant not to sue by my relatives and my estate.

**License to Use Photographs, Etc.**

I will provide information, videos, or pictures to S.T.R.ON.G Temple & Fitness & Personal Training to better track my progress and so that my trainer can update my progress. For any content that is covered by intellectual property rights, I specifically give S.T.R.ON.G Temple Fitness & Personal Training a non-exclusive, transferable, sub-licensable, royalty-free, worldwide license to use any intellectual property content that I provide. I agree that I will only provide S.T.R.ON.G Temple Fitness & Personal Training with information, pictures, or videos Intellectual property that I own. S.T.R.ON.G. Temple acknowledges that this license does not transfer any ownership – I will continue to own my information, pictures, videos and other intellectual,property.

I would like to release pictures, videos, to S.T.R.ON.G Temple Fitness & Personal Training.

This license only permits to use these items to improve my program and for their own purposes of self-promotion, including advertising their business, in any manner and medium, such as publicity, illustration, advertising, and web content. S.T.R.ON.G Temple Fitness & Personal Training may alter and composite these items without restriction and without my inspection or approval. I hereby release S.T.R.ON.G Temple Fitness & Personal Training and their associates from all claims and liability relating to any materials I provide to them.

Do you consent of videos being on Facebook Live, Intragram, or other social media?

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (check and sign the box)

**Privacy**

I understand that S.T.R.ON.G Temple Fitness & Personal Training is committed to preserving my privacy, but they may need to disclose my personal information when required by law. S.T.R.ON.G Temple Fitnesss & Personal Training will not sell my name or other private information to third parties. S.T.R.ON.G Temple Fitness & Personal Training will only share my

information with its partners to provide the product, service, or specific promotional materials I

request and will only use my information as permitted by the intellectual property license provided by me above.

S.T.R.ON.G Temple Fitness & Personal Training adheres to the federal privacy protection standards as stated in the Children’s Online Privacy Protection Act (“**COPPA**”). S.T.R.ON.G Temple Fitness & Personal Training will not knowingly allow anyone under thirteen (13) years to provide any personally identifying information. Children under thirteen (13) years of age are required to obtain the permission of a parent or guardian before submitting any information about themselves over the internet. If a child has provided S.T.R.ON.G Temple Fitness & Personal Training with personally-identifiable information without the consent of a parent or guardian, the parent or guardian should contact us at [strongtemple407@gmail.com](mailto:strongtemple407@gmail.com) so

that the child’s information can be promptly deleted..

**Client Declaration**

I declare that I have read, understand and agree to the contents of this Personal Training Agreement in its entirety. I understand that this Agreement is intended to be as broad and inclusive. I know, understand and appreciate these and other risks that are inherent in these

types of activities Activity. I expressly agree and assert that my participation in these programs is

voluntary. I knowingly assume all risks and elect to proceed with the participating in the programs despite all the risks. I acknowledge that I am signing this document freely and voluntarily and intend, by my signature, the complete and unconditional release of all liability to the greatest extent allowed by law.

Print Name Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S.T.R.ON.G Temple Fitness & Personal Training \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_