

## Steven Paul

Green & Lean Fitness

I, \_\_\_\_\_, through the purchase of training sessions, have agreed to voluntarily participate in an exercise program, including \_\_\_\_\_, but not limited to strength training, flexibility development and aerobic exercise, under the guidance of Steven Paul, certified personal trainer. I stipulate and agree that I am physically and mentally sound and currently have no physical conditions that would be aggravated by my involvement in an exercise program.

I understand and am aware that physical fitness activities are potentially hazardous. I am aware that risks associated with these activities include but are not limited to: fainting, injury to bones, muscles, ligaments, tendons, cardiovascular, and even death. I understand that I am responsible for my own medical insurance and will maintain that insurance throughout my entire period of participation with Steven Paul. I will assume additional expenses that incur that go beyond my health insurance coverage.

Steven Paul or I will provide the equipment to be used in connection with our workouts, including, but not limited to, benches, dumbbells, bands, barbells, kettlebells, stability and med balls and similar items. Steven Paul has not inspected my equipment. I represent and warrant that any and all equipment I provide for our training sessions is suitable for that purpose.

Although Steven Paul will take all reasonable precautions to ensure my safety, I expressly assume and accept sole responsibility for my safety and for any and all injuries that may occur. In consideration for the acceptance by Steven Paul of me as a client, I for myself and for my heirs, beneficiaries, executors, administrators and assigns, WAIVE AND RELEASE, any and all claims against Steven Paul, his successors or assigns, his heirs, beneficiaries, executors, administrators and his estate, and agree to hold them harmless from any claims or losses, including but limited to claims for negligence for any injuries or expenses that I may incur while exercising or while traveling to and from training sessions. These clauses are intended to apply to any and all activities occurring during the time for which I have contracted with Steven Paul.

I represent and am signing this agreement freely and willfully and not under fraud or duress.

HAVING READ THE ABOVE TERMS AND INTENDING TO BE LEGALLY BOUND HEREBY AND UNDERSTANDING THIS DOCUMENT TO BE A COMPLETE WAIVER AND DISCLAIMER OF LIABILITY IN FAVOR OF Steven Paul, I HEREBY SIGN THIS DOCUMENT.

Client's Name (Please Print)

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Client's Signature

Date

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Client's Address/ Parent or Guardian (if applicable)

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I, Steven Paul, in reliance on the preceding waiver and release, agree to accept the above named person as a client.

Steven Paul

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Steven Paul

Date