

Training Agreement

This agreement made the _____ day of _____, 20____ is being made between _____ ("Client") and _____ ("Trainer"). This agreement outlines the reasonable expectations the client can expect and the clients' responsibilities.

Session Rates

- i. The client agrees to pay the following session rates:

\$_____ per Session per Week per Month per _____

Other Payment Type: _____

Payments

- i. Payments are to the trainer are to be paid at the end of each period mentioned in "Session Rates" addendum (i).
- ii. Acceptable Payment Methods:
- The funds can be tendered to the company in cash, check, or debit/credit.
 - Please make check payable to trainer's legal name

Scheduling

- i. If client cannot attend the session scheduled during the prior week, 24 hours' notice must be given or client will be charged for the session.

Expectations

- i. The client can expect the following during a regular training session:
- Tactful Motivation
 - Possible Slight Discomfort During Exercise
 - Metabolism Assessments
 - Regular Body Composition Assessments (BIA/Skinfolds)
 - Nutritional Counseling
 - Customized Workout Programs
- ii. The client can reasonably expect the following if all session are attended and trainers recommendations are followed:
- Weight Loss of .5-2lbs/ Wk.
 - Increased Strength
 - Increased Stamina
 - Improved Athletic Performance
 - Improved Body Composition
 - Elevated Metabolic Rate

Training Agreement

Media Release

- i. Any picture or videos taken during a training session may be used for social media or marketing purposes.
 - a. The client has the right to ask the trainer not to film or photograph them
 - b. The client may request a picture or video be taken off social media if they feel it is unflattering

Risk of Injury and Right of Refusal

- i. Exercise is inherently dangerous and may result in injury including, but not limited to sprains, strains, broken bones, tears, bruises, cuts, spinal injuries, psychological distress, and even death in extreme cases.
- ii. The client has the right to ask trainer to explain the rationale behind the exercise or activity to be performed as well as the right to refuse to execute the exercise or activity.
- iii. The trainer nor the facility, gym staff, directors, interns, members, volunteers, the management company or anyone can be held responsible for any such injuries mentioned in (i) above.

The below signed understands and agrees to all the terms of the contract listed above. I am signing this contract of my free will and not under coercion. Additionally, the trainer signed below has explained this agreement in its entirety.

_____	_____	_____
Client (printed name)	Client (Signature)	Date
_____	_____	_____
Trainer (printed name)	Trainer (printed name)	Date