

## Personal Training Liability Waiver

I hereby affirm that I am voluntarily starting a course of instruction in physical fitness and training known as “the fitness/training program” with Natalie Grossman. I am voluntarily participating in all activities taught by and recommended by Natalie Grossman entirely at my own risk.

In full consideration of the risk of injury while participating in “the training program” and for the right to participate in the “the fitness program”, I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily participate in this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in the “the fitness program”, which may include, but are not limited to, physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability, economic or emotional loss, and death.

I acknowledge that I have carefully read this form and fully understand that it is a release of liability. I expressly agree to release and discharge Natalie Grossman from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I may otherwise have to bring a legal action for personal injury or property damage.

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Print Name

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Signature

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Date