

Kenneth Freestyle Liability Waiver

Acknowledgment of Risk and Waiver of Liability

I, the undersigned participant, wish to engage in the in-home personal training services provided by Kenneth Freestyle. I recognize and understand that the fitness training programs involve physical activities, including but not limited to cardiovascular exercise, strength training, and flexibility exercises, which carry inherent risks of physical injuries.

Assumption of Risk:

I hereby acknowledge that I have voluntarily chosen to participate in a physically demanding exercise training program. I understand the risks involved and accept all the risks of participating in the fitness training provided by Kenneth Freestyle.

Commitment to Safety:

Kenneth Freestyle commits to prioritizing the safety and well-being of all clients. The training programs are designed based on scientific evidence and data to promote health, fitness, and progress towards the personal goals of the client. Every effort will be made to ensure a safe training environment; however, the possibility of unforeseen risks and personal injury cannot be entirely eliminated.

Waiver of Liability:

By signing this document, I, for myself, my heirs, executors, administrators, and assigns, hereby waive, release, and forever discharge Kenneth Freestyle, its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities or my use of equipment in the provided training programs. I acknowledge that I have read and fully understand this waiver and release of liability. I am aware that this is a waiver and a release of liability and voluntarily agree to its terms.

Acknowledgment:

By signing below, I acknowledge that I have thoroughly read and understand this waiver and release of liability. I understand that by signing this form, I am waiving certain legal rights, including the right to sue. I agree to participate in the fitness training programs offered by Kenneth Freestyle fully aware of the risks and I affirm that I am willingly participating at my own risk.

Participant's Name (Print): _____

Participant's Signature: _____

Date: _____