



PERSONAL TRAINING AGREEMENT

Body Bangout

Malik Ali, Certified Personal Trainer

[718-909-0691](tel:718-909-0691)/malikali134@yahoo.com

This agreement is made between: Malik Ali, Certified Personal Trainer and client:_____.

TRAINER RESPONSIBILITIES:

- Will perform as a personal trainer in instruction, fitness assessment, exercise programming and motivation.
- Will stay current with applicable professional certifications.
- Will arrive on time at scheduled session and provide an un-interrupted workout.
- Will customize workout in accordance with any physical limitations deemed by a medical physician.

CLIENT RESPONSIBILITIES:

- Will promptly inform trainer of any change in medical condition or of any new injury.
- Will give Trainer at least 24 hours notice to reschedule any appointment. If 24 hour notice is not given, session will not be rescheduled unless serious emergency or illness. This will count as client forfeiture.

- Must wear comfortable workout attire, including, but not limited to, t-shirts, shorts, tights, sweats, and/or tracksuits. Athletic shoes must be supportive and functional. Workout gloves are optional. Please do not hesitate to ask Trainer for advice on what type of clothing and shoes is appropriate.
- Will comply with advance scheduling and payment policies as set forth below.
- Will be ready to work out when Trainer arrives and give Trainer un-interrupted attention.
- Proper nutrition and adequate rest are essential to this training program.

SCHEDULING AND FEES:

- Training is paid in advance. Fees are non-refundable unless serious injury or illness approved by Trainer.
- If training is to continue beyond the initial 4 weeks, the new session must be scheduled prior to the “last appointment.” At that time, another 4 week session will be reserved for client. Fees are due on first appointment of each 4 week session.

Fees: Fitness assessment/consultation – no charge.

- All sessions must be completed no more than 12 weeks from start date.

SCHEDULE:

WORKOUT DAYS	TIME	CLIENT/TRAINER INITIALS
M T W TH F SAT SUN		

I do hereby waive, release and forever discharge Malik Ali/Body Bangout from any and all responsibilities or liability for any present and future injuries or damages resulting or arising from my participation in any activities including but not limited to exercise, personal training or use of the equipment including any injuries and damages. **I AGREE AND UNDERSTAND. INITIAL HERE_____.**

I have read and understand the above training agreement. All of my questions have been answered and we both agree to abide by the above terms/conditions. Before and after photos may be used/posted on social media sites for advertising and motivational purposes.

Signed this _____ day of _____ 20__

Trainer: _____ Client: _____