



The Fit Pro.Net

Personal Trainer & Fitness Professional

I _____, release Randy L. Adkison, Certified Personal Trainer, from any responsibility or liability for any injuries or accidents that may result from participation in fitness training, cardiovascular work-outs, or while performing physical activities suggested to the client during and between scheduled workouts. In the event that a physician's release is required by the trainer, it will be provided by the client.

If any changes in my physical condition occur that would require adjustments in the fitness program during the course of the contract, I will notify Randy L. Adkison before engaging in the next session.

Print Name

Randy L. Adkison, CPT

Signature

Signature

Date

Date

Randy L. Adkison, Certified Personal Trainer
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