

Gutz N' Glory

Power Bootcamp, LLC

Informed Consent – Personal Training

I, the undersigned, hereby expressly and affirmatively state that I wish to participate in the personal training program of Gutz N' Glory Power Bootcamp, LLC.

I realize that my participation in these activities involves potential risk of injury, including but not limited to bodily injury, heart attack, stroke, or even death. I also recognize there are other risks associated with exercise and personal training and that it is not possible to list every one.

I know and understand the risks of exercise. Understanding that injuries are a possibility, I hereby assume all risks of injury that could occur by reason of my participation in this personal fitness program.

Signature of Participant: _____

Date: _____