



Legacy Bootcamp Contract & Waiver

Last updated on August 27, 2018

This AGREEMENT is for participation in LEGACY BOOTCAMP, as offered by Bryce Atkins, Certified Personal Trainer & Legacy Life Fitness.

The parties to this Agreement mutually agree as follows:

1. Trainer is not a medical professional and is without expertise to diagnose medical conditions or impairments. Client agrees to promptly and fully disclose to Trainer any injury, condition or impairment which may have a deleterious effect on or be impacted by this training program and the Trainer's decision to discontinue training because of any condition which presents an adverse risk or threat to the health or safety of the Client, the Trainer or others shall be conclusive.
2. Client certifies that:
 - a. He/she is physically capable of participating in a strength, flexibility and aerobic training exercise program and using the equipment associated with personal training; and
 - b. he/she is over the age of eighteen (18), or have consent of a parent or guardian if under 18 years of age: and
 - c. he/she has either (i) had a physical examination and been given a physician's permission to participate in this training program; or (ii) decided to participate in this training program without the approval of a physician.
3. This training program may involve physical activity and, as appropriate, use of certain equipment and machinery. Such activities may present a risk of injury or even death. Client voluntarily agrees to participate in these activities and to assume all risk of personal injury, death and property damage resulting from such activities, use of equipment, machinery or public or private facilities.
4. Client agrees on behalf of him/herself and his/her personal representatives or heirs to release and discharge Trainer, his agents, representatives, successors and assigns from any and all claims or causes of actions (known and unknown) arising out of this personal training and/or life coaching program including without limitation injury or loss resulting from Client's use of any equipment or facilities which break or malfunction.
5. No implied warranties or representations are made other than those expressly contained herein and this document contains all of the terms of the Agreement between the parties. Trainer expressly notes that results will differ for clients based upon various factors including without limitation; body type, nutrition, direct effort, etc. and no guarantees of results are possible.
6. Client may not assign this personal service contract. Trainer may only assign this Agreement to a related entity.
7. Client agrees to pay all fees as agreed upon by client & Trainer. Additional sessions may be purchased at Trainer's then current rates.

8. Client may cancel this agreement only by written notice to Trainer within three (3) calendar days from the date this Agreement is executed. Trainer retains the right to terminate this Agreement for any reason including without limitation to Client's failure to follow direction or conduct contrary to the interests of this Agreement. In the event of termination as set forth herein, Trainer shall refund to Client the sum associated with any unused sessions (calculated at the original agreed upon rate/fee.) This Agreement may be executed in duplicate and a copy shall be considered as effective as an original.

Signing the 'log in' sheet and continued 'check in' constitutes the Client's consent and continued agreement to the above terms and conditions.

Legacy Bootcamp Terms & Conditions

1. Each bootcamp session shall consist of a scheduled appointment based on a fifty-five (55) minute hour in the privacy of the Trainer's home residence, the privacy of the client's home, or at a mutually agreed upon location. Client is reminded that distractions such as children, animals, telephones, etc., may affect consistent efforts and results. To get the most out of each session, please be ready to participate at the appointed time.
2. Trainer is not responsible for the safety of facilities or equipment whether provided by Client, Trainer, or others.
3. Please wear appropriate athletic footwear and loose, comfortable clothing to facilitate ease of movement for all personal training sessions.
4. Proper nutrition and adequate rest are essential to any personal training program and Client must not be under the influence of drugs or alcohol at any time during any personal training or life coaching session.
5. Bootcamp sessions may require a certain amount of physical contact between Trainer and Client to ensure proper technique. Please notify Trainer if you have specific concerns regarding this policy, or if you ever feel uncomfortable due to any action by the Trainer.
6. The Trainer's determination of methods is conclusive.
7. The failure to strictly enforce any provision of this Agreement shall not constitute a waiver of any right to subsequently enforce this Agreement. All provisions shall be deemed severable and the inability to enforce any provision shall not affect the other provisions. This Agreement shall be construed under Missouri law and shall only be modified by writing signed by both parties.

The Client and Trainer agree, by their signatures below, that they also agree to be bound to the aforementioned Terms and Conditions of this Agreement.

CLIENT (and/or Parent/Legal Guardian if under 18)

DATE

LIFE TRAINER

DATE