



# ENERGY LAB TRAINING

## NEW ATHLETE FORM

1. In consideration of being allowed to participate in the personal fitness training activities and programs of Energy Lab Training and to use its facilities, equipment and services, in addition to the payment of any fee or charge, I do hereby forever waive, release and discharge Energy Lab Training and its officers, agents, employees, representatives, executors and all others acting on their behalf from any and all claims or liabilities for injuries or damages to my person and/or property, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, arising out of or connected with my participation in any activities, programs or services of Energy Lab Training or the use of any equipment at various sites, including home, provided by and/or recommended by Energy Lab Training or Trevor King.

**(PLEASE INITIAL: \_\_\_\_\_)**

2. I have been informed of, understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also have been informed of, understand and am aware that fitness activities involve a risk of injury, including a remote risk of death or serious disability, and that I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

**(PLEASE INITIAL: \_\_\_\_\_)**

3. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation in these activities or use of equipment or machinery. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in the exercise activities, programs and use of exercise equipment. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise and use of exercise equipment. I acknowledge that either I have had a physical examination and have been given my physician's permission to participate or I have decided to participate in the exercise activities, programs and use of equipment without the approval of my physician and do hereby assume all responsibility for my participation in said activities, programs and use of equipment.

**(PLEASE INITIAL: \_\_\_\_\_)**

4. I understand that Energy Lab Training and Trevor King are providing and maintaining an exercise/fitness program for me does not constitute an acknowledgment, representation or indication of my physiological well-being or a medical opinion relating thereto.

**(PLEASE INITIAL: \_\_\_\_\_)**

Date: \_\_\_\_\_

Signature: \_\_\_\_\_



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## NEW ATHLETE FORM

Coach's Signature: \_\_\_\_\_

### New Client Agreement Energy Lab Training – THE FINE PRINT

Energy Lab Training requires the following commitments to maximize performance results:

**1. Communication**

It's important that clients understand results do not happen overnight. Each plan is designed for the individual to progress in a safe and healthy manner. Variations to the prescribed training should be communicated to the coach in a timely manner.

**(PLEASE INITIAL: \_\_\_\_\_)**

**2. Accountability**

Payments are payable before service commences. Clients are encouraged to take advantage of complete coaching packages and multiple session discounts to get the best value. All such discounts are only available as prepay options.

**(PLEASE INITIAL: \_\_\_\_\_)**

**3. Cancellations**

All sessions will be fully transferable to a future date only when 24 hours notice is given. Sessions cancelled within 24 hours or less will be charged at full session prices. Please be respectful of our time by giving notice of any appointment changes. Extreme circumstances will always warrant special consideration by the individual circumstances.

**(PLEASE INITIAL: \_\_\_\_\_)**

**4. Refunds**

Will only be given on a case by case basis. If you have purchased a package and are unsatisfied with the coaching, we will discuss the possibility of refund for FUTURE SESSIONS ONLY. Refunds will only be granted if the client has been complying with the prescribed plan.

**(PLEASE INITIAL: \_\_\_\_\_)**

**5. Referrals**

For each client referral, both parties will receive a 50% discount off one private lesson after the first session is paid in full. This session must be used within 30 days of new clients' first session.

**(PLEASE INITIAL: \_\_\_\_\_)**

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_