



INFORMED CONSENT AND RELEASE

Personal Training, Sports Enhancement, Martial Arts, Beyond RxSM, Wiki Wiki FitnessSM

I, _____, allow Elam Sports, Inc. Atletika trainers to provide Personal Training services, Sports Enhancement and/or Martial Arts as warranted, to improve my level of conditioning and fitness or will be utilizing Elam Sports, Inc. facilities and equipment without direct trainer supervision during designated hours under the Beyond RxSM or Wiki Wiki FitnessSM program.

I understand that if participating in Personal Training, Sports Enhancement, Martial Arts services, this may entail measurements, analysis and recording of personal data and that I may be asked to perform movements with my arms, legs, trunk and spine. I may be asked to walk, run, lift and be assessed for the amount of muscle strength I possess. I will also be asked to utilize exercise equipment consisting of free weights and machines, and that there are inherent dangers in the use of such equipment. I fully understand that there is risk involved in engaging in an exercise regimen.

I understand that it is my responsibility to enter into a regimen of personal training with full medical disclosure – that I am free to engage in exercise with physician’s clearance – and that I have expressed all concerns for any preexisting medical conditions to my personal fitness/sports enhancement trainer. I hold harmless Elam Sports, Inc. and it’s employees. By signing this consent form I show that I am assuming the risks involved in my training program(s).

It is within my rights as a client to refuse to perform movements that I feel will in some way harm me, or that I feel uncomfortable with, and it is my responsibility to inform my trainer of such concerns (if applicable).

I hereby consent to said services and my signature below indicates my knowledge of being duly informed of the risks, responsibilities and rights in this client-trainer/client-facilities relationship.

Client/Guardian Signature(if under 18 years of age)

Relationship to client

Date