



**Thank you for expressing interest in joining up with Stone Dragon Strength Training. I am excited to help you reach your goals in a timely fashion. However, there are some things we need to agree upon before we can start. Let's go over them.**

**This Contract is made and entered into on \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_ by and between Stone Dragon Strength Training a limited liability com organized under the laws of the state of Washington United States through Nathan Misura in the capacity of CEO And \_\_\_\_\_ residing at \_\_\_\_\_  
USA**

By signing this contract you acknowledge and accept the information outlined herein

**1.** As a trainer, I can only be with you for certain hours of the week. This means you may have some activity that you must be responsible for on your own, including cardiorespiratory workouts and resistance training. You are responsible for your own health and safety during said workouts as well as making sure that they are completed.

**2.** Nutrition is a large part of your success and you are responsible for reaching the caloric and macronutrient goals that you set for yourself each day. If you are not consistently hitting these goals, you are going to have a harder and longer journey towards your goal and I cannot guarantee your success. You are ultimately responsible for reaching your goals and staying safe while doing so.

**3.** Stone Dragon Strength Training takes pride in training with the most up-to-date and safest methods. Like anything that is physical, resistance training and all forms of exercise that we will be performing have inherent risks including injury or death. Even when trained appropriately, injury can still occur.

**4.** You recognize that there are hazards and risks connected with physical fitness training. Exercise beyond one's physical limits and/or accidents involving exercise equipment may result in serious injury or even death. Any and all use of the training shall be at your own risk. You agree to defend, indemnify and hold harmless Stone Dragon Strength Training against any loss, damage, or expense incurred by reason of any claim or liability based upon personal injury (including death) or property damage arising out of your negligent or intentional acts. You further agree to release Stone Dragon Strength Training and its owners, agents, employees, and/or affiliates from any and all liability arising out of injury to you, and further agrees to defend, indemnify and hold Stone Dragon Strength Training, its owners, employees and/or affiliates free and harmless from against the same.

**5.** Every session is one hour long. If you are running late, I am happy to and will try to accommodate you if my schedule allows. However, if there are clients following your hour, showing up late to a session will result in your session being short the number of minutes you are late. You will still be charged for the full session. If you

are late, the session will have to be modified to fit the leftover allotted time. You may miss out on your full programmed day. Consistently showing up late to sessions will detract from your future success and I once again will not be able to guarantee results.

**6.** Everyone's time is valuable. You must let me know 24 hours in advance if you need to reschedule your session. You will be charged for the full amount of the session at your regular rate if you cannot make your session and you do not reschedule. If you have recurring sessions, it is imperative that you plan ahead. These charges must be paid in full before 60 days or are subject to a 10% interest charge. After 120 days, said charges will be sent to collections and you will be responsible for any additional charges incurred. By signing this document you are agreeing that you are fully aware of this agreement and take full responsibility for any charges incurred including collection fees.

**7.** All invoices must be paid 60 days from the date of receipt. Any charges that remain past 60 days from receipt will be charged an additional 10%. After 120 days, said charges will be sent to collections and you will be responsible for any additional charges in conjunction with collections. I highly recommend paying in advance as you will be unlikely to face this issue.

### **ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY**

**A)** I understand that by signing this contract I am representing that I understand all of its terms and conditions and that I fully intend to be bound by the same. I hereby voluntarily execute this Acknowledgement of Risk and Release of Liability Consent. I represent that I am at least eighteen years old and competent to sign a contract or, if I am a minor, that this form is signed by a parent or legal guardian.

**B)** I understand that there are certain dangers, hazards, and risks associated with all aspects of personal training. I further understand that all risks cannot be prevented. I represent that I am physically and mentally able to use the training exercises in a safe manner. I acknowledge that I have no physical impairments, injuries, or illnesses that will endanger me or others. Therefore, I accept financial responsibility for any injury that I may cause to myself or to any third party due to my negligence.

**C)** I shall follow all applicable policies and procedures and comply with all directives issued by Stone Dragon Strength Training or any person associated with it. I agree to wear appropriate exercise attire, use the equipment in accordance with its intended use, and respect the trainer. I understand that a violation of any policies or procedures may result in termination of this contract.

**D)** I understand and agree that Stone Dragon Strength Training does not provide medical services or medical advice. Therefore I consent to emergency medical care should it be required. I represent that I am covered by adequate medical/health/accident insurance for any injury that I may suffer while training. In the event I must

be transported to a doctor or hospital for medical treatment, I acknowledge that the Stone Dragon Strength Training assumes no responsibility for such transportation.

**E)** On behalf of myself, my family, and my heirs, I hereby agree to assume all risks associated with my training, and I hereby release and discharge from liability and waive any legal action against Sound Stone Dragon Strength Training or its CEO, agents, employees, and volunteers (collectively, “the Released Parties”) for any personal injury, death, or property damage that I may suffer, due to any cause, including, but not limited to, the negligence of the Released Parties, arising out of or in any way connected to my training. This release includes any and all liability, claims, demands, actions, or rights of action, which are related to, arise out of, or are in any way connected with my participation or membership in Stone Dragon Strength Training for training, including those allegedly attributed to the negligent acts or omissions of the above-mentioned parties.

**F)** I understand and agree that this document shall be construed in accordance with the laws of the state of Washington USA. If any term or provision of this document shall be held invalid or unenforceable, the remaining terms and provisions shall remain in full force and effect.

**I have read and understood the foregoing contract including assumption of risk, and release of liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage caused by my negligent or intentional act or omission. I understand that by signing this contract I am waiving the legal rights against Stone Dragon Strength Training.**

\_\_\_\_\_  
**Applicant Name**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Parent / Guardian, if Member is a minor**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
**Date**

**Welcome aboard and let's get to it!**