BRIAN DANLEY FITNESS

CLIENT-TRAINER AGREEMENT CONTRACT

The personal trainer is **Brian Danley CFT,** a member of the **International Sports and Science Association (ISSA)**. ISSA requires all of its personal trainers to abide by its rules of professional courtesy and ethics. This trainer is certified by ISSA to provide expert guidance and assistance to any client in the performance of their fitness goals.

Benefits

Participation in a regular fitness program improves the body's cardiovascular and cardiorespiratory capacity. A workout program can improve muscular strength, power, endurance, and flexibility. A periodic exercise routine improves body composition by increasing the body's metabolic rate to lessen bodyfat storage. Regular exercise may also lower stress levels and reduce anxiety.

Risks

I recognize that exercise may carry some risk to the musculoskeletal system (e.g., sprains, strains and overuse injuries), the cardiorespiratory system (e.g., dizziness, shortness of breath and asthma), and the cardiovascular system (e.g., heart attack, angina and stroke).

I will provide, in the event of an injury or illness, a **physician release form** from my doctor before participating in a structured training program._____ (Client's initials)

Participant's name: _____

Participant's signature:_____ Date:_____