

Female BodyShapers Personal Training

Client Waiver and Release Form

Coralie Mosby Palmer, owner of Female BodyShapers and primary personal trainer urges you as the client, to obtain a physical examination from a doctor before participating in any exercise program or using any exercise equipment. Including and not limited to outdoor activities such as kayaking, swimming, biking, or walking for all clients including on-line Webcam clients.

You, as the client/participant are aware that engaging in physical exercises, training and / or instruction regardless as to in a gym, your home, office or online via web cam can result in injuries. Including the use of weights and the use of all machinery, equipment and apparatus designed for exercise, can result injuries. It is the sole responsibility of on line training clients to use their best judgment when doing any activity and to discontinue immediately if something feels uncomfortable.

Coralie Palmer / Female BodyShapers Personal Training & WebFitLive.com shall not be liable for any injuries or damages arising due to the client's participation in an exercise program in your home or office and especially Live via Webcam as I'm not with you. Therefore, All clients must proceed with caution by not picking up weights that may be too heavy to safely mana. Client hereby waives any rights you might otherwise have to sue Coralie Palmer / Female BodyShapers for any resulting injuries.

Client's Signature_____

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