

## Gloria Mondragon Personal Training Informed Consent and Release

I, \_\_\_\_\_, have read the following Informed Consent and Release, and by my signature below, understand and acknowledge and consent to all the following provisions.

1. Gloria Mondragon provides personal training designed to increase physical flexibility, strength, and balance through stretching, resistance training, and movement re-patterning.
2. Every individual has his or her unique physical capabilities, limitations and vulnerabilities. One of the goals of this work is to assist me in increasing my capabilities in a safe, healthy and gradual manner.
3. I understand that I assume responsibility for engaging in all exercises, stretches, and other activities in my present medical and physical condition. I have no impairment, illness, disability or condition, physical or mental that prevents me from engaging in these activities.
4. I have been cleared by my physician to participate in physical exercise and personal training.
5. I understand that in order to perform any exercise in a safe manner, it is my responsibility to be aware of my physical limitations and vulnerabilities on any given day, in any activity. It is my responsibility to stop any activity that feels unsafe, hurts, aggravates any part of my body or in any way feels detrimental to my health and well being.
6. Gloria Mondragon does not provide medical advice, medical therapy, physical therapy, or diagnosis of medical conditions.
7. I acknowledge and agree that my use of any equipment, facilities or outdoor activities during our work is solely at my own risk. I acknowledge and agree that any movement or activity implies some risk and release Gloria Mondragon from any liability. I agree to use all equipment as instructed and acknowledge that improper use may be hazardous. By my signature below, I hereby release Gloria Mondragon from any claim, known or unknown to me, for damages or costs resulting from an injury to me which results from or is in any way associated with my participation in programs, exercises and activities done with or under the direction of Gloria Mondragon.
8. This informed Consent and Release constitutes the entire agreement and understanding between myself and Gloria Mondragon. If any portion of the Informed Consent and Release is held to be unenforceable, such portion will be disregarded and the remainder shall continue to be effective.

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

Printed Name: \_\_\_\_\_