

REMOTE TRAINING PARTICIPATION AGREEMENT

First Name

Email

Remote Training

☐ Yes

Last Name

Phone

Remote Training Participation Agreement

☐ I Agree

REMOTE TRAINING

I understand that remote personal training involves exercise instruction, demonstrations, communication, and training guidance provided remotely through electronic communication and video technology.

I understand that I am responsible for having a suitable exercise area and properly functioning equipment, when equipment is required. I agree to maintain a safe training environment free of unnecessary hazards.

PARTICIPATION

I agree to follow exercise instructions within my individual abilities and to communicate any pain, discomfort, dizziness, unusual shortness of breath, or other concerning symptoms during a session.

I understand that I may stop or modify an exercise at any time if I experience discomfort or believe an activity is not appropriate for me.

I understand that remote training does not provide continuous in-person supervision or physical assistance.

TECHNOLOGY

I am responsible for maintaining the device, internet connection, software, camera, microphone, and other technology required to participate in remote training. Technical interruptions may occur and may affect the delivery of a training session.

CLIENT RESPONSIBILITY

I agree to provide accurate information regarding my health, physical abilities, exercise experience, and limitations. I will notify **Laura Artman, CPT LE** of material changes that could affect my participation in exercise.

AGREEMENT

I have read and understand this Remote Training Participation Agreement. I voluntarily agree to participate in remote training and acknowledge my responsibilities for maintaining a suitable environment and following appropriate exercise practices.

This Agreement does not replace or modify any separate liability waiver, informed consent, health history questionnaire, medical clearance, or other agreement required for participation.

Participant Signature

Date
