



Informed Consent Form for Ryan Booth Performance Inc. Personal Training Services

I, _____ [client's name], hereby consent to participate in personal training services offered by Ryan Booth Performance Inc. located in the province of British Columbia.

I understand that personal training involves physical activity that may include but is not limited to, weightlifting, cardio equipment, bodyweight exercises, accommodating resistance such as bands and chains, and other exercise equipment. I acknowledge that this equipment can be dangerous and I agree to use it at my own risk.

I understand that Ryan Booth Performance Inc. trainers are certified professionals, and that their role is to provide guidance and assistance to help me achieve my fitness goals. However, I acknowledge that it is my responsibility to consult with my physician before starting any exercise program and to disclose any medical conditions or physical limitations that may affect my ability to participate in physical activity.

I understand that the personal training services provided by Ryan Booth Performance Inc. are voluntary and that I have the right to withdraw my consent and discontinue training at any time.

I acknowledge that Ryan Booth Performance Inc. is an inclusive business and that discrimination based on gender, sex, sexual orientation, race, or any other protected characteristic will not be tolerated.

I also acknowledge that payment for personal training services must be made in full before the session starts.

I hereby acknowledge that I have read and understood this informed consent form and agree to all its terms.

Client's signature _____ Date _____

Trainer's signature _____ Date _____

List of Equipment Examples:

Free weights (e.g., dumbbells, barbells)

Resistance machines

Cardio equipment (e.g., treadmills, stationary bikes)

Bands and chains for accommodating resistance.