



Personal Training Client/Trainer Agreement Inspire Strength & Fitness Coaching

The Client:

Face to face sessions

- I agree to give 24 hours' notice for cancellation of sessions. I understand that if 24 hours' notice is not given, the fee for that session will still stand.
- I understand that if I receive credit for a missed session, the credit must be used within 30 days of the missed session or it will be waived.
- I understand that payments are non-refundable or transferable and cannot be cancelled. However, sessions may be suspended at the discretion of the Trainer for a maximum of 6 months from the start date.
- I understand that the Inspire Strength PAR-Q, Doctors Approval (if applicable) and this Personal Training Agreement must be completed and signed prior to the first session or online consultation.
- I understand that payment must be made in advance of the first session. Failure to make payment will result in the cancellation of the fitness coaching programme.
- I understand that the results achieved from coaching are a combination of exercise, nutrition and my own personal genetics. Further I recognise that my genetic makeup is out of my coach's control, and I am accountable for my own choices.
- I understand that if I am late for a session, the session time may be cut short, and the full fee will still apply.
- I understand that rates for coaching with Inspire Strength are subject to change and reviewed From time to time. Prepaid sessions that are unused at the time of a rate change will be honoured at the prepaid price.



- I understand that there are two different payment options for coaching with Inspire Strength; either a single session at a time, or a monthly membership options for training once, twice or three times per week at a set monthly fee.
- The membership option is a set monthly fee for a certain frequency of sessions. Missed sessions will be rearrange if possible, however if not possible to rearrange they will be lost, but the monthly payment remains the same.
- I understand that if the coached session has been shared, the session will remain at full price even if my training partner has cancelled in advance.
- I understand at busy periods, on occasion, coached sessions may be conducted coefficient to other clients.
- Handling/coaching at competitions 'may' incur an additional fee dependent on circumstances.
- I understand that exercise involves certain risks, including but not limited to; serious neck and spinal injuries resulting in complete or partial paralysis, heart attack, stroke or even death. Additionally, injuries could occur to bones, joints or muscles. Slips, falls, and unintended loss of balance could result in muscular, neurological, orthopaedic or other bodily injury.
- I understand that I have control of the workout and may terminate a particular exercise or workout at any time. Further to this I understand that it is my obligation to inform my coach of any symptoms such as fatigue, shortness of breath or chest discomfort, any muscular pain, or illness.
- I agree that the trainer can terminate a particular exercise or workout at any time if the coach believes I am not in suitable condition for exercise.
- I understand that my coach is not a doctor, physiotherapist, or dietician and that the advice offered is optional and not a replacement for professional advice from experts within specialist fields.

Online Coaching

- I understand that payments are non-refundable or transferable and cannot be cancelled. However, sessions may be suspended at the discretion of the coach for a maximum of 6 months from the start date.



- I understand that the Inspire Strength PAR-Q, Doctors Approval (if applicable) and this coaching agreement must be completed and signed prior to the first program or session being commenced or online consultation.
- I understand that payment must be made prior to programming be in distributed. Failure to make payment will result in the product not be in delivered.
- I understand that the results achieved from face to face coaching or online coaching are a combination of exercise, nutrition and my own personal genetics. Further I recognise that my genetic makeup is out of my coach's control, and I am accountable for my own choices.
- I understand that adherence to online programming is the best way to achieve desired results, if this becomes difficult to maintain I agree to consult with my coach as soon as possible.
- I understand that rates for coaching with Inspire Strength are subject to change and reviewed From time to time.
- Online coaching is a set monthly fee of £50, this includes, ongoing programming per paid month, video analysis via WhatsApp, and a monthly face to face or zoom/teams style consultation.
- Handling/coaching at competitions 'may' incur an additional fee dependent on circumstances.
- I understand that exercise involves certain risks, including but not limited to; serious neck and spinal injuries resulting in complete or partial paralysis, heart attack, stroke or even death. Additionally, injuries could occur to bones, joints or muscles. Slips, falls, and unintended loss of balance could result in muscular, neurological, orthopaedic or other bodily injury.
- I understand that I have control of the workout and may terminate a particular exercise or workout at any time. Further to this I understand that it is my obligation to inform my trainer of any symptoms such as fatigue, shortness of breath or chest discomfort, any muscular pain, or illness.
- I agree that the coach can terminate a particular exercise or workout at any time if the trainer believes I am not in suitable condition for exercise.
- I understand that my Coach is not a doctor, physiotherapist, or dietician and that the advice offered is optional and not a replacement for professional advice from experts within specialist fields.



The Trainer:

- I agree to give the Client 24 hours notice for cancellation of sessions/consultations. I understand that if 24 hours' notice is not given, an additional free session will be provided if a suitable alternative day/time cannot be arranged.
- I agree that upon cancellation of a session, the session will be rearranged at a convenient time for both client and trainer.
- I understand that if I am not on time for a session, the time will be made up at the end of the session or a subsequent session.
- I agree that the Inspire Strength protocol or devised personalised program will be chosen and tailored to the client's needs and goals.
- I agree to teach and guide the client regarding proper exercise techniques and nutritional practices to the best of my ability.
- I agree to document training logs and conduct ongoing assessments to measure the client's progress.
- I agree to honour the client's full booking or arrange a suitable replacement that is acceptable by both the client and Inspire Strength Management.
- I agree to keep my insurance and qualifications up to date and relevant to my clientele's requirements.