

ACE Total Fitness

Liability Waiver & Assumption of Risk

By participating in ACE Total Fitness programs, online coaching, or in-person training, you acknowledge and accept the inherent risks associated with physical activity. This includes risks of injury, illness, or other health complications arising from exercise, environmental conditions, or equipment use.

You agree to train safely, communicate health-related changes, and follow all instructions. You release ACE Total Fitness and its representatives from liability for injuries, accidents, or damages that may occur.

Full Name:

Signature:

Date: