

Disclaimer Form

I hereby acknowledge and confirm:-

1. that the undertaking of exercise and use of any equipment used whilst training with Helen Mulhall is voluntary and at my own risk and that I am in good physical condition and I know of no reason, medical or otherwise, which would prevent me from engaging in such activities or make it potentially dangerous for me to engage in such activities;
2. that I have fully disclosed to Helen Mulhall all and any relevant circumstances or conditions which might impact upon any exercise programme recommended by her and that I have a continuing obligation to make such disclosure if my personal circumstances change during the course of my dealings with her;
3. that whilst Helen Mulhall will make all reasonable effort to ensure that all exercise is carried out safely, she does not accept any responsibility for any harm or injury suffered to me during or as a consequence of participating in or performing exercise routines, using fitness equipment or engaging in any other strenuous physical activity and she shall not be liable or responsible or any such injury or harm to me or my property howsoever caused or any losses arising therefrom, excepting negligence, and that her liability is hereby excluded to the fullest extent permitted by the law.

Signature:

Print name:

Date: