

# ***Disclaimer Form***

I hereby consent to undergo the Personal Training provided by **Andy Lamb** on an entirely voluntary basis and at my own risk. Whilst every effort will be made to ensure that the Personal Training is carried out safely, **Andy Lamb** does not accept any responsibility for any harm or injury caused.

In undertaking this Personal Training I fully accept that no liability whatsoever can attach to **Andy Lamb** arising from any consequences of this exercise.

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_