

Challenge personal trainer policy and agreement.

Name:- _____

D.O.B:- _____

Email address:- _____

Policies

Challenge Gym cannot guarantee any result as the instructors aren't there with you to ensure you are giving your routine maximum effort.

Challenge Gym will provide a video demonstration of the exercise for you to follow but the performance accuracy is in your control.

You may contact your instructor via WhatsApp or email in case you have any questions.

If you don't understand a video or the demonstration wasn't clear another video will be made for your routine,

Challenge Gym assures you that we will focus on a routine that suits your goals, limitations and body type. Our mission is to help achieve your fitness, Muay Thai or Kickboxing goals. We aim to get you from where you are to where you wish to be as fast and safe as possible.

All routines are written by a qualified and experienced instructor employed by Challenge Gym whose reputation for results is very high

Any problems with your experience please contact administration at
<https://www.challengegym.org/contact>

Results

I understand that even though this routine is written to grant me results, I take full responsibility to perform the exercises accurately as in the demonstration videos and to complete it in the timeline provided. I am also responsible for following the

advice and dietary strategies provided, if any. Challenge Gym will NOT be held responsible if results are not gained.

Injuries and muscle pain

I take full responsibility in performing the exercises as demonstrated in the videos so as to avoid injuries. I am responsible for informing the instructor if I have sustained injuries from the workout or otherwise. If I am an annual subscriber a supplementary routine would be written to work around my injury so I can still achieve my goal. If I am a per routine client, adjustments will be given on the same routine or I can choose to pay for another routine where another assessment will be done.

I accept and expect to experience muscle pain and discomfort as this is part of the process. However, I am responsible for informing my instructor about any pain and discomfort and seeking his/her advice.

Pictures and video transfer

Due to the online nature of Challenge Personal Trainer, I accept that I will have to send videos and pictures where necessary to demonstrate my progress, and performance of the exercises. I also understand that some of the pictures and videos will be used as before and after proof.

I understand that Challenge Gym will **NOT** share my pictures and or videos. Unless I permit Challenge Gym to do so via another signed document, and **NOT** only verbal consent.

Payment policy

I understand that prices will change with time.

Each routine is mine for a lifetime and will be received via pdf format and on the Challenge Gym website. A page on the Challenge Gym website will be dedicated to me where all my routines will be stored. Even Though there is a timeline to complete a routine, the routine is mine and will not be expired or retracted by Challenge Gym.

I understand that payments must be made before receiving the routine but after it is written. I understand that all sales are final. I accept that there is no refund even if I DO NOT use the service.

Signature
