

Informed Consent - OneUp Fitness

Participating in any exercise program naturally involves some degree of risk. It is essential that you inform your trainer of any condition that could increase your risk of injury or cause medical complications related to physical exertion. The following concepts will make your exercise experience as safe and productive as possible:

1. **BREATHE FREELY AND CONSTANTLY**: Strength training requires continuous and sometimes heavy breathing. Never hold your breath. Huff and puff. A little dizziness from breathing rapidly will not harm you. Because you are breathing this way, you should **remove anything from your mouth** to avoid the possibility of choking.
2. **AVOID HEADACHES**: Exercise-induced headaches are generally not serious, but symptoms can be severe. If you develop even slight head pain during an exercise, slowly but immediately lower the weight and then inform your instructor. Wait for head pain to subside completely before resuming. If it does not subside, do not continue exercising that day. Your instructor will make recommendations to avoid this.
3. **HEAD AND NECK STABILIZATION**: For each exercise, your head and neck should be stabilized in a neutral position for comfort and safety. **Once properly aligned, do not move or twist your head and neck during the course of the exercise.** If your neck begins to feel uncomfortable during an exercise, inform your instructor verbally without turning your head. Sometimes simply relaxing the shoulder and jaw muscles will do the trick.
4. **AVOID PAIN, BUT EMBRACE EFFORT**: When exercising properly, muscles become very fatigued and you will feel an uncomfortable burn. This discomfort is a result of exertion and you need to learn to work through this to achieve results. Sharp, stabbing pains, however, are not okay and should be reported to your trainer immediately. You should only work through a pain-free range of motion.
5. **SLOW, CONTROLLED MOVEMENT**: Moving quickly (accelerating / too much momentum) can impose dangerously high forces on the structures of the body. Both phases of a repetition (lifting and lowering) should generally last no less than 4 and no more than 10 seconds. As the set progresses you should be gradually increasing your effort until you reach the point that the movement may stop, despite your maximum effort. Changing directions should always be done slowly and smoothly. NEVER slam the weights down. Moving slowly also creates better tension in the working muscles; sustained muscle tension is necessary for optimal results.
6. **LEARNING AND CONCENTRATION**: Your first few sessions are primarily for learning proper form and determining appropriate settings, rather than creating a significant "exercise effect." Do not be disappointed by the lack of intensity at the outset and avoid becoming frustrated if you are not perfecting your form as fast as you think you should. Just do the best you can. In order to get the most out of your workout, keep your focus on your technique and your effort. Try to "tune out" all other distractions during your set.
7. **POST EXERCISE FEELINGS AND CONCERNS**: After your training session, it is normal to feel shaky or quivery for a couple of hours later or even that same evening. You may also experience a good amount of fatigue. Do not be alarmed by these feelings. Anytime the body experiences a new form of physical exertion these types of effects can occur. As you become accustomed to training, they will dissipate. Sometimes you may also experience muscle soreness for a few days after the exercise session. Delayed onset muscle soreness (DOMS) is a normal, non-serious by product of exercise and is not an indication of anything either positive or negative.
8. **RECOVERY**: It takes a minimum of 24 hours to recover from your training session. Waiting 48 hours between training sessions assures complete recovery in most cases. Research shows that two, full body workouts per week will provide optimal results for most people.

YES, these precautions have been reviewed. I understand and accept the risks explained herein and confirm that I have informed my trainer of any and all medical condition(s), disability(ies), and psychological disorder(s) that could affect my performance or contribute to an injury.

Client's Signature

Date