**Programme Objectives and Procedures:**

I understand that the purpose of the exercise programme /fitness class is to provide safe and individualised exercise to improve health and fitness. Exercises could include:

Cardiovascular activities – walking, jogging, running, sprinting, skipping, interval training, burpees, step ups and so on. Activities could be of low or high intensity.

In the case of Personal Training sessions cardiovascular machine activities – treadmill walking or jogging, rowing, upright or recumbent cycling, stair climbing and other such activities.

Resistance training activities – using resistance machines (PT only), free weights or circuit training to improve muscular strength or endurance.

Flexibility exercises – to improve movement around the joints and range of motion.

**Potential Risks**

The exercise programme / fitness class is designed to place a gradually increasing workload on the cardiovascular and muscular systems and thereby improve their function. The reaction of the cardiovascular and muscular system to such exercise cannot always be predicted with complete accuracy. There is a risk that certain changes may occur during or following the exercise. These changes could relate to blood pressure or heart rate.

**Potential Benefits**

I understand that a programme of regular exercise has been shown to be beneficial. Some of these benefits include:

A decrease in the risk of heart disease.

A decrease in body fat.

Improved blood pressure.

Improvements in psychological function.

Improvement in aerobic fitness.

In the case of Personal Training, the exercise programme has been explained to me and my questions regarding the programme have been answered to my satisfaction. The group workout classes change each session, but full demonstrations / explanations will be given for each individual exercise. Suggestions will be made as to how each exercise might be made more, or less challenging for an individual. I understand that I am free to withdraw at any time. The information obtained will be treated as private and confidential and will not be shared with any third parties.

Signature of client …………………………………………………… / Printed Name ………………………………………………………

Date signed …………………………………………………………………

Set the Tone Fitness Ltd

Tel: 07568561414 / email: [info@setthetonefitness.co.uk](mailto:info@setthetonefitness.co.uk) / [www.setthetonefitness.co.uk](http://www.setthetonefitness.co.uk)

