



This waiver, release, and agreement is entered into and between the undersigned and Nelson Beltjar (American Council on Exercise – Certified Personal Trainer) from [ThePositiveDrip.com](http://ThePositiveDrip.com) & Andrea Mason from [AndreaMasons.com](http://AndreaMasons.com)

I, the undersigned \_\_\_\_\_ hereby acknowledge that the following was explained to me and agree to the following:

1. Acknowledges that it would be in the BEST interest of the undersigned to consult with their Family Physician “BEFORE ”starting any exercise program. However, the choice is that of the undersigned.
2. Acknowledges that the undersigned has been told that if they feel lightheaded, tired, nausea, pain or feel out of the ordinary in any way either related to training, or otherwise, the undersigned MUST inform the instructor and STOP all activity IMMEDIATELY and contact a physician at once.
3. Acknowledges that participation in an ONLINE physical movement program may result in accident, injury, even death and that the undersigned assumes ALL the risks of participating themselves in these types of events and activities
4. Acknowledges that Nelson Beltjar (ACE Certified Personal Trainer) will Protect “YOUR” Confirmed Appointment “Time Selection” by saying “NO” to All Others that are requesting the exact same time window. Therefore, ALL No-Shows and Late Cancellations (cancellations made within 24 hours of the scheduled appointment) will be billed to the undersigned and will be Paid for Without Resistance in Full
5. I, The undersigned expressively waive, release, and discharge Nelson Beltjar - (American Council on Exercise – Certified Personal Trainer & Certified Coach Practitioner from the Certified Coaches Federation) from [ThePositiveDrip.com](http://ThePositiveDrip.com) & Andrea Mason from [AndreaMasons.com](http://AndreaMasons.com) – and / or any Equipment used from ALL liability of death, disability, and / or personal injury
6. I, the undersigned, Acknowledges that ALL sessions are “Virtual” Coaching Sessions & that they, the undersigned, will be situated within a Quiet Non-Distracting area throughout the duration of the entire session.

7. I, the undersigned, Acknowledges that ALL Coaching Sessions WILL be Pre-Purchased "Before" any Coaching Appointments can be provided

\_\_\_\_\_ Signature (Adult)

\_\_\_\_\_ Printed Name (Adult) / Date

\_\_\_\_\_ Signature Witness (Adult)

\_\_\_\_\_ Printed Name (Adult Witness) / Date

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... Don't hesitate to Contact me with any Questions

Sincerely,

Andrea Mason

Nelson Beltjar B.A. Kin., Dip SIM, Certified American Council On Exercise (ACE) Personal Trainer

[TIR40.com](http://TIR40.com)

[TIR40@hotmail.com](mailto:TIR40@hotmail.com)