

2024 Remote Training Terms & Conditions

Congratulations! You have elected to begin a journey of hard work and discipline that can potentially result in an improved quality of life and well-being. This decision marks what will be a life-changing process for you and for those who are supporting you.

With the extra push that will be provided by your personal trainer, you will be able to see increases in flexibility, balance, mobility, agility, coordination, speed, power, strength, and cardiorespiratory fitness.

Please note that increasing physical fitness is not guaranteed and that a healthy and appropriate diet will be necessary to meet the needs required by regular exercise. Listed below are the terms and conditions for remote training and must be signed before any supervised training is performed. By signing this contract, you will be held accountable for the following terms and conditions.

- I. Accessibility to technology is imperative for live video calls, phone calls, and text messaging whenever necessary.
- II. Remote training etiquette must be followed, outlined by the following rules:
 - a. Clear and unbroken audio/video
 - b. Accessibility to various angles displaying exercises in all planes of movement
 - c. Professional behavior
- III. Access to an open and clear space, made adequate for exercise, is imperative for safe and effective training.
- IV. All major injuries sustained during training are under the financial responsibility of the client, including injuries sustained during prescribed exercises.
- V. Accountability checks – weekly video or phone appointments to discuss direction of programming, execution of movement, and other relevant health-related topics – will be made available once per week for each individual client. For this purpose, calendar weeks will begin on Mondays at 12:00am and conclude on Sundays at 11:59pm.
- VI. Cancellations and rescheduling for weekly accountability checks must be made up to 1 hour prior to the time of a meeting. A no-call/no-show – an absence in which no prior communication for cancellation/rescheduling has been made – will result in forfeiture of the appointment made for that respective week.
- VII. Nutrition consultation is always allowed and encouraged during weekly accountability checks. This feature may also be used through unscheduled, weekly communication with the respective trainer.
 - a. Please note that this service does **NOT** include prescribed diets with detailed dosages and specific foods within a daily, weekly, or monthly plan.
 - b. Consulting about nutritional needs will be limited strictly to educated recommendations based on client needs through what has been proven in research for the general public and other special populations.
- VIII. Clients will also **ALWAYS** receive subsequent exercise prescriptions by 9:00am on Monday for each week they are in the program. These may be delivered through the designated source of media, appointed by the respective trainer. Dates and times of specific workouts will **NOT** be held over live video streaming and will be up to the client to know the frequency and times that specific workouts will take place.
- IX. Remote Training will only be offered for the months of May through November within the respective calendar year. All subscriptions will be for the duration of 3 months and can be renewed only once in the designated months of availability.
- X. Cancellations for subscriptions must be communicated with clearly written intent – SMS text or email – and will be processed within 24 hours upon receiving the message.
 - a. **Cancellations with the intent to proceed with non-remote, live, training will result in a pro-rated refund** for the monetary value of the remaining time left under contract. Qualified refunds will only be made if the same individual is registered for a non-remote training subscription within two weeks of prior cancellation.
 - b. **Cancellations with no intent to proceed with non-remote, live training will be financially responsible** for the entirety of the 3-month duration of the active subscription.
- XI. Qualifications for this subscription are as follows:
 - a. At least 6 weeks of prior non-remote, live training under a NextGen Performance subscription
 - b. Sufficient knowledge and understanding of motor control with various movements that may be prescribed through remote training. This eligibility may be warranted by a NextGen Performance trainer and is required for all remote training.

Name _____

Signature _____

Dates _____ to _____

Trainer Signature _____

