

# PRIMAL WARRIOR FITNESS

## INFORMED CONSENT

Informed Consent Form for Exercise Prescription

### Programme Objectives & Procedures

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

- Cardiovascular activities - walking, running, sprinting to improve the Cardiovascular Respiratory system.
- Resistance Training - Free weights, dumbbells, barbells, kettle bells, sandbags, body weight to improve muscular strength and endurance
- Warm up/Cool down stretches and flexibility exercises to improve movement around the joints and range of motion

### Potential Risks

The exercise programme 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 of certain changes that might occur during or following the exercise. These changes could be related 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 risk of heart disease
- A decrease in body fat
- Improved blood pressure
- Improvement in psychological function
- Improvement in aerobic fitness

The physical activity that I will be undertaking during the sessions has been explained to me and my questions regarding it have been answered to my satisfaction. I understand that I am free to withdraw at any time. The information obtained will be treated as private and confidential.

Client's Signature .....

Date .....

Witness' Signature .....

Date .....