
CLIENT'S CONSENT

Personal data

Name:

E-mail:

or

Phone:

Declaration

- I declare to undergo XBody EMS at SwiftFitness training willingly and through my own responsibility.
- I declare that I am aware of the basics of the Electrical Muscle Stimulation (EMS) training method, including any and all circumstances which contraindicate the training, for instance, cases in which medical consultation is obligatory or advised and the further warnings and notes as is detailed on page 2 of this document.
- I declare myself to be able to undergo XBody EMS training with respect to my current mental state, health and physical status.
- I declare that I am not aware of any contraindication (described below) that may exclude me from the training.
- I declare that I have received any and all obligatory medical consultations for the circumstances described below.
- I declare that I will abide by the rules related to the preconditions, aftereffect and the training.
- I declare to inform my physician and SwiftFitness Trainer in case of any change in my mental, physical and health status.
- I declare to inform my doctor, or any other medical professional involved in my care, in the case of any medical intervention as a result of undergoing the XBody EMS training.
- I declare that in case of omitting or noncompliance with the terms of this agreement I undergo the training fully and completely through my own responsibility.
- I declare that I will not hold XBody Hungary Kft, SwiftFitness or the SwiftFitness XBody Trainer responsible if any of my unknown mental, health or physical conditions cause side effects or complications of any kind.
- I declare that I will not hold XBody Hungary Kft, SwiftFitness or the SwiftFitness XBody Trainer responsible in case of any side effects, complications, lesions or any undesired change in my physical or health status.
- I understand that risks due to the long-term effects of EMS training are unknown; therefore I will not hold XBody Hungary Kft, SwiftFitness or the SwiftFitness XBody Trainer responsible for any undesired effect.



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- ✘ I declare to follow the instructions given by the SwiftFitness XBody Trainer before, during and after the training.
 - ✘ Due to the necessity of close personal contact while putting on and removal of the Training Suit, I declare that in no way should this be misconstrued to be a sexual advancement or harassment of any kind.
 - ✘ I contribute that my personal and training data will be registered and used.

I understand and accept to be bounded by the contents of all of the above-mentioned declarations.

Signature:

Contraindications

It is **forbidden** to undergo any electrical muscle stimulation (EMS) training or treatment if any of the following contra-indications apply to you.

- ✘ Pace maker or other implanted electrical device.
- ✘ Cardiovascular disease.
- ✘ Severe neurological disorders.
- ✘ Epilepsy or other convulsive conditions (controlled or uncontrolled).
- ✘ Neuromuscular disorders or any disorders affecting the nervous system.
- ✘ Cancer or cancerous lesions.
- ✘ Neurological disease.
- ✘ Internal bleeding.
- ✘ Non intact skin (wounds, inflamed or irritated skin)
- ✘ Pregnancy.
- ✘ Psychiatric disease (schizophrenia).
- ✘ Do not undergo intensive training for 2 days after EMS training.

Warnings

In the following cases, **medical consultation is obligatory**. Any other disease or unusual, abnormal physical condition or symptom also **requires medical approval** before undergoing XBody electrical muscle stimulation (EMS) training or treatment.

- ✘ Medical consultation is obligatory in case of **metal implants**. Make sure that electrodes are used in a way that it is impossible for electrical current to flow through the affected area (e.g. set intensities of such channels to 0).
- ✘ Medical consultation is obligatory in case of **non-metallic or other implants (e.g. silicone implants, gynecological implants)**.
- ✘ Medical consultation is obligatory in case of **less severe cardiovascular diseases (e.g. hypertonia, high blood pressure)**.
- ✘ Medical consultation is obligatory after a recent **surgical procedure, medical intervention or acute trauma** or during any **medical treatment (e.g. drug treatment)**.
- ✘ Medical consultation is obligatory in case of any **hernia (e.g. abdominal or inguinal hernia)**.
- ✘ Medical consultation is obligatory in case of **chronic disease or fever, contagious disease or any acute or chronic infections (bacterial or viral)**.
- ✘ Medical consultation is obligatory in case of **diabetes**.
- ✘ Medical consultation is obligatory in case of the client has **painful, sensitive skin or skin areas lacking normal sensation**.
- ✘ Medical consultation is obligatory in case of **menstrual cramps**.
- ✘ Medical consultation is obligatory in case of **abnormal obesity or extreme physical inactivity**.
- ✘ Medical consultation is obligatory in case of any **mental deficit (the client can only use XBody EMS device with guardianship)**.

I understand and accept to be bounded by the contents of all the contraindications and warnings.

Signature:

Furthermore

- ✘ **Parental consent is obligatory in case of underage clients.**
- ✘ Do not apply electrical muscle stimulation **over the neck (especially over carotid sinus nerves or carotid artery).**
- ✘ Do not put electrode pairs on the **opposite side of the heart (electrodes placed on the chest and the upper back)**, because the introduced electrical current may flow through the heart which increases the risk of cardiac fibrillation.
- ✘ Do not apply electrical muscle stimulation **on the head (e.g. directly on the eyes or covering the mouth).**
- ✘ Do not apply electrical muscle stimulation **together with other electrical measuring instruments applied near on body surface (e.g. pulsemeters).**
- ✘ The client must not be **affected by alcohol or drugs** during XBody EMS training.

Important notes

Please read carefully the conditions listed below before starting your training with XBody EMS technology:

- ✘ In the case of malaise, ailment, dizziness or feeling aching tightness around the chest or heart area you must inform the trainer to immediately stop the training.
- ✘ If you feel any hotness or discomfort on your skin during the training, you need to ask the trainer to switch off the device.
- ✘ There will be reflex-like muscle contraction movements caused by stimulation impulses. Maintain pre-contracted muscles if possible and acquire a stable basic position.
- ✘ Ensure proper water intake before and after training.
- ✘ If necessary, have a short break during the training and drink a glass of water.
- ✘ Make sure that you have had a proper meal 2-4 hours before your training.
- ✘ EMS training might cause micro tears in the muscles that usually leads to muscle soreness and elevated creatine kinase (CK-MM) level in the blood. This is a natural reaction of the human body to intensive trainings (such as XBody EMS trainings).
- ✘ In case you have your blood analyzed 2-6 days after your last EMS training it is important to inform your doctor to prevent incorrect misinterpretation of your values.

We, XBody Hungary Kft. (H-1120 Budapest, György Aladár utca 35-39. alagsor 52.; tax number: 11731324-2-43, collect your personal data (Name, E-mail, phone) due to your consent to identify and distinguish you from other clients.

If you have any questions, contact XBody Hungary Kft. Service support for more information on telephone (+36-96-200-183) or per email (helpdesk@xbodyworld.com). For further information visit our website: www.xbodyworld.com.

I understand and accept to be bounded by the contents of the above mentioned.

Date

Signature