

## RELEASE OF LIABILITY & ASSUMPTION OF RISK

I understand that the video tutorials and other information on this website do not constitute a medically supervised program and that this content, and this Program, were developed for healthy people with no medical conditions or risks, either physical or psychological. In addition to the terms above, I represent that I am in good physical condition and have no medical reason or impairment that might prevent me from viewing this content or participating in this Program. As such, I acknowledge that neither Kennedy Fitness, LLC, nor my employer, have given me medical advice related to my physical condition and ability to participate in this Program. If I have any health or medical concerns now or in the future, I will discuss them with my doctor. Further, I acknowledge that any information or advice provided to me in relation to my participation within the Program, by Kennedy Fitness, LLC or my employer, is not intended to diagnose, treat, cure, prevent any disease or give medical advice of any kind.

Participating in this Program involves the risk of injury to me, my guest(s) or other participants, whether I or someone else causes it. Specific risks vary from one activity to another and the risks range from minor injuries to major injuries, such as catastrophic injuries including death. **In consideration of my participation in the activities offered by Kennedy Fitness, LLC and my employer, I understand and voluntarily accept this risk and agree that Kennedy Fitness, LLC, my employer, their owner(s), manager(s), and staff will not be liable for any injury, including, without limitation, personal, bodily, or mental injury, economic loss or any damage to me, my spouse, guests, children (both born and unborn), or relatives resulting from the negligence of either Company or anyone on their behalf whether related to exercise or not.** Additionally I agree to indemnify and hold harmless Kennedy Fitness, LLC, and my employer against any claims brought against them, by third parties arising out of my participation in the Program. Further, I understand and acknowledge that Kennedy Fitness, LLC and my employer do not manufacture fitness or other equipment, but purchases and/or lease equipment. I understand and acknowledge that Kennedy Fitness, LLC and my employer are providing recreational services and may not be held liable for defective products. I also understand that I will not be granted access to the content of this website, until I electronically sign and date this Agreement. By providing my electronic signature below, I acknowledge and agree that I have read the foregoing and know of the nature of the activities within the Program and I agree to all the terms of this Agreement and acknowledge that I have been provided the opportunity to print a copy of it.