



Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Are you a Team Beachbody Member, Coach, or Guest?

Circle One:      M              C              G

Who invited you? \_\_\_\_\_

\_\_\_\_\_  
(Please be specific. If it was from a flyer, where did you see it?)

Check for more information regarding:

- Beachbody in home fitness programs
- Free online coaching to help you reach your goals
- How to win up to \$1,000 a day just for working out
- Menu planning, healthy recipes, and other tools to help you reach your goals
- How you can get paid for encouraging others to get fit with you!

**Note: Please Sign waiver and release on back.**

Independent Team Beachbody Coach

## Team Beachbody Waiver and Release

I, the undersigned, do hereby consent and agree that I have enrolled in a program of strenuous physical activity with Beachbody independent representatives. The activities may include, but not limited to all forms of stretching, running, weightlifting, aerobics, plyometrics, boxing, yoga, and other forms of extreme physical exercise and conditioning. I hereby affirm that I am in good physical condition and do not suffer from any disability or condition that would prevent or limit my participation in these programs. It is understood that these programs are designed for those individuals who are already in good physical condition and that these activities should NOT be attempted by those who have a history of health problems, including, but not limited to heart, respiratory, knee, shoulder, spinal (neck or low back) problems.

I fully understand that I may suffer injury as a result of my participation in these programs and I hereby release Beachbody representatives and volunteers from any and all liability, whether caused by their negligence, recklessness, or otherwise, including, but not limited to medical expenses, lost wages, pain and suffering, paralysis and/ or death, that may occur by reason of heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat exhaustion or heatstroke, knee/lower back/foot injuries, and any other illness, soreness, rash, eye injury, or other disease, injury or physical condition, however caused, whether occurring during or after my participation in these programs regardless of fault.

In consideration of my participation in these programs, I for myself, my employees, heirs, family, assigns, agents, and co-workers, completely RELEASE, HOLD HARMLESS and COVENANT NOT TO SUE Beachbody, its employees, representatives, trainers, agents, assigns, officers, volunteers, sponsors, or other co-participants from any and all claims, demands or causes of action arising from my participation in these programs. I further agree to defend the releasees and INDEMNIFY them from any such claims, expenses, attorney fees, liability, cost or damage either made on my behalf, or by anyone else arising out of these events.

I also hereby give Beachbody and its independent representatives the irrevocable right to use my photograph and/or video image in any media for the purposes of advertising, trade, display or other use, either in print or electronic (Internet) form . I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS AND ACKNOWLEDGE THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF BEACH BODY AND ITS REPRESENTATIVES TO THE FULLEST EXTENT PROVIDED BY LAW.

Name: (print) \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_  
(If participant is under 18 years of age.)