**COACH FITNESS WAIVER AND RELEASE**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have enrolled in and/or am participating in a health and fitness program (the “Program”) offered by Julie Henderson, an Independent Team Beachbody Coach (“Coach”). The Program will include physical exercise and participation in a workout that may be provided by Beachbody, LLC (“Beachbody”). I understand that I should not participate in the fitness workout if I have any physical or health limitations. I fully understand that there are certain risks of physical injury in connection with the Program, and, intending to be legally bound hereby, I, the undersigned, for myself as well as my heirs, assigns and legal representatives, expressly agree to:

1) Release, waive and discharge the Coach, Beachbody and any and each of their respective successors, assigns, affiliates, shareholders, officers, directors, managers, agents, attorneys, and employees, from all manner of actions and causes of actions, suits, debts, accounts, judgments, claims and demands whatsoever in law or equity (including costs and attorneys’ fees), including all claims arising out of or related to any incidents involving personal injury, arising in any way by participation in the Program;

2) Not commence the program unless I know I am in the proper physical condition (including by obtaining proper advice from my medical provider if applicable) and immediately stop any exercise or use of the program should I feel pain, dizziness or any other discomfort;

3) Assume any and all risks involved in or arising from my voluntary participation in the Program, including without limitation, the risks of death, bodily injury, or property damage; and

4) Indemnify, defend and hold harmless the Coach, Beachbody, and their respective

successors, assigns, affiliates, shareholders, officers, directors, managers, agents, attorneys, and employees, from any and all claims, causes of action, damages, judgments, costs or expenses, including attorneys’ fees, arising in any way by my participation in the Program.

My signature below indicates that I have read all of the above material and fully understand this waiver as well as the risks and hazards that apply to participation in the Program. By signing this document I realize that I am waiving certain legal rights, and I have done so voluntarily. I acknowledge that the Coach is an independent contractor and not an employee or otherwise related to Beachbody except as an independent distributor of Beachbody’s products, and is not providing any expert fitness or safety advice—the adherence to which will all be at my sole discretion.

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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