

Agreement and Release of Liability

In consideration of being allowed to participate in the activities and programs offered by Renaissance Periodization, LLC, and to use its programs, training, and products, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge and promise to hold harmless Renaissance Periodization, LLC and its consultants, officers, agents, and employees from any and all responsibility, liability, costs and expenses, including injuries or damages, whether foreseeable or not, resulting from my participation in any activities, trainings, programs, or products designed or offered by Renaissance Periodization, LLC. I do also hereby release Renaissance Periodization, LLC its consultants, officers, agents and employees from any responsibility or liability for any injury, damage or disorder (physical, metabolic, or otherwise) to myself, or in any way arising out of or connected with my participation in any activities, trainings, programs, or products, whether foreseeable or not, with Renaissance Periodization LLC.

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of exercise equipment are a potentially hazardous activity. I also understand that fitness activities involve an inherent risk of injury and even death, and that I am voluntarily participating in these activities and using all equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death, whether foreseeable or not, related to said fitness activities.

In addition, I hereby certify that I am 18 years of age or older, I am of sound mind, not acting under duress or undue influence, and fully capable of understanding the terms of this agreement.

(Please initial _____)

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or any other illness that would affect nutrient metabolism or prevent my participation in, or use of equipment or machinery, except as hereinafter stated. I do hereby acknowledge that Renaissance Periodization, LLC has recommended to me that I obtain physician's approval for my participation in an exercise, fitness, or diet activity or in the use of exercise equipment and machinery. I also acknowledge that Renaissance Periodization, LLC has recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise, or diet, and use of exercise and training equipment and machinery so that I might have his/her recommendations concerning said

activities and equipment and machinery use. I further acknowledge that I have either had a physical examination and received my physician's permission to participate in, or that I have decided to participate in said activities, and use said equipment, machinery, and programs or products designed by Renaissance Periodization, LLC without the approval of my physician and do hereby assume all responsibility for my participation, activities, and utilization of all equipment and machinery in my activities. Renaissance Periodization LLC diet and training programs are not meant to treat or manage any health condition or disorder. Always consult with your healthcare provider prior to adjusting your current style of eating or beginning any new diet and/or training plan.

In addition, I hereby represent and warrant that I am currently covered by an accident and health insurance policy. With my purchase of the Renaissance Diet Auto-Templates or any other template purchase or product, I understand that I am not purchasing individual consultation services, and I neither expect nor presume any requirement on the part of Renaissance Periodization, LLC, or its consultants, officers, agents, or employees, to answer specific, direct questions about the templates nor their modification procedures. I further understand that the purchase and/or participation in any programs, training, or products does not guarantee results of any sort and agree not to hold Renaissance Periodization, LLC staff liable for any outcomes or a lack thereof.

With my purchase of any Renaissance Periodization training templates, I understand that they are only guaranteed to work in Microsoft Excel. I understand that I am purchasing having known that beforehand and understand that using any other application besides Microsoft Excel might result in the templates not working with 100% functionality.

I understand that all sales are final, and Renaissance Periodization LLC will not issue any refunds on digital products.

Name (printed or typed)

Signature

Date