

SHREDDED.

www.shredded.global

Waiver and Release of Liability

PLEASE READ THE FOLLOWING RELEASE OF LIABILITY CAREFULLY BEFORE SIGNING

You should not undertake any physical activity for which you may be medically unfit. You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program.

You understand and agree that by participating in any physical exercises, training activities, programs, or events ("Activities") promoted by Shredded GmbH you do so entirely at your own risk.

You understand and agree that Activities can be strenuous and potentially hazardous and may expose you to many inherent risks including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks. You agree to rely solely upon your own judgement when deciding whether to participate in the Activities and assume all risk of injury, illness, or death. Shredded GmbH is also not responsible for any loss of your personal property.

By participation in the Activities, you acknowledge that you are physically fit and mentally capable of performing the physical activity you choose to participate in. Please ensure that if you suffer an injury in the course of the Activities that you report it immediately to the coach/ instructor.

After having read this release of liability and understanding its content, and in consideration of my participation in the Activities, I expressly agree, for myself and anyone entitled to act on my behalf, to hold harmless, waive and release Shredded, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in the Activities, including release from liability for any pre-existing, known or unknown, injuries or medical condition which may be exacerbated if I decide to participate in the Activities. This release extends to all claims of any kind whatsoever, foreseen or unforeseen, known or unknown.

Lastly, you acknowledge that for voluntary payments (also referred to as rewards) made to coaches instructing Activities for Shredded GmbH, the company cannot issue receipts.

By my signature I confirm that I have read, understood and voluntarily accepted terms of this Waiver and Release of Liability form, and that this release cannot be modified orally.

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