

Important: Each trainee must have a signed "Release and Waiver of Liability" on file. Please complete this form now in order to begin training. Please print all information in blanks provided.

PLEASE READ CAREFULLY! THIS IS A LEGAL DOCUMENT!

Release and Waiver of Liability

This Release and Waiver of Liability (the "Release") executed on this _____ day of _____, 2010, by _____ (the trainee) in favor of Body Specs Inc. a for profit corporation organized and existing under the laws of the State of Michigan, USA, and their director(s) and employee(s).

I, the trainee hereby freely and voluntarily, without duress, execute this Release under the following terms:

1) Waiver and Release. I the trainee, release and forever discharge and hold harmless BSI and its trainers and assign from any and all liability, claims, and demands of whatever kind of nature, either in law or in equity, which arise or may hereafter arise from my working out at BSI.

I understand and acknowledge that this Release discharges BSI from any liability or claim that I, the trainee, may have against BSI with respect to any bodily injury, personal injury, illness, death or property damage that may result from my participation with BSI. I also understand that, except as delineated, BSI does not assume any responsibility for or obligation to provide financial assistance or other assistance, including but not limited to medical, health, or disability insurance, in the event of injury or illness.

2) Medical Treatment. Except as otherwise agreed to by BSI in writing, I hereby release and forever discharge BSI from any claim whatsoever which arises or may hereafter arise on account of any first-aid treatment or other medical services rendered in connection with an emergency during my time with BSI.

3) Assumption of the Risk. I understand that my time with BSI may include activities that may be injurious to me, including but not limited to training, loading and unloading of heavy equipment. So, I recognize and understand that my time with BSI may, in some situations, involve inherently injury potential activities.

4) Photographic Release. I grant and convey unto BSI all right, title, and interest in any and all photographic images and video or audio recordings made by BSI during my training with BSI, including, but not limited to, any royalties, proceeds, or other benefits derived from such photographs or recordings.

5) Other. I expressly agree that this Release is intended to be as broad and inclusive as permitted by the laws of the State of Michigan in the United States of America, and that this Release shall be governed by and interpreted in accordance with the laws of the State of Michigan. I agree that in the event that any clause or provision of this Release shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Release, which shall continue to be enforceable. This release represents the entirety of the agreement between the trainee and Body Specs Inc.

To express my understanding of this release, I sign here with a witness.

Trainee: Name (please print) _____

Signature _____ Date _____

Witness: Name (please print) _____

Signature _____ Date _____