



## Liability Waiver

**Please note: When purchasing one of our products you agree to the following terms:**

It is the clients (you) responsibility to consult with a medical professional with regards to any underlying health condition prior to beginning any fitness program, therefore:

The Client hereby stipulates that he/she is physically sound and the he/she has sought approval if required, to proceed with a routine of exercise.

**Limitations of exercise, if any:** it is further expressly agreed that all strength training, cardiovascular exercise, or any other exercise shall be undertaken by me at my sole risk and that Kelly Anne James/Studio 1 Online or any of her employees/contractors/partners shall not be liable to me for costs, claims, demands, injuries, death, damages, actions or causes of action, whatsoever, to my person or property arising out of or connected with the use by me of the services provided and of the premises where the same may be located. I do hereby expressly forever release and discharge Kelly Anne James/Studio 1 Online and her employees/contractors/partners from all such claims, demands, injuries, damages, actions or causes of action, from all acts of passive negligence on the part of Kelly Anne James/Studio 1 Online her employees/contractors/partners. I further expressly agree that I will not use equipment improperly. If I have any questions whatsoever, concerning exercise and use of equipment, I agree that I will request instruction from Kelly Anne James/Studio 1 Online or her employees/contractors/partners.

**Limitations/intolerances of food types, if any:** It is further expressively agreed that any food consumption/nutrition/supplements will be undertaken by the client (you) at their sole risk and that it is the clients (you) responsibility to check that the food guide received is relevant to their needs. I do hereby expressly forever release and discharge Kelly Anne James/Studio 1 Online and her employees/contractors/partners from any costs, claims, demands, injuries, death or damages in relation to any reactions caused by food intake or food types that have been suggested for use within the plan or otherwise. I therefore understand that it is my sole responsibility to check all packaging and plans prior to consumption.

DO NOT AGREE TO THE CONTENTS OF THIS AGREEMENT UNLESS YOU UNDERSTAND THE TERMS COMPLETELY, IF YOU DO NOT UNDERSTAND PLEASE ASK AND SEEK LEGAL ADVICE IF NECESSARY.