

I hereby agree to accept and be legally bound by this contract issued by GR8PHYSIQUES Inc for training and nutrition services. By reading this document and submitting a new client form, I attest, contract, acknowledge, and agree that I am legally bound by its content.

NON DISCLOSURE AGREEMENT:

I understand that the training and nutrition plans provided to me are designed specifically for my goals and are based on my personal stature, experience, and characteristics. In reading this document and submitting a new client form, I agree to not disclose any of the information provided to me by GR8PHYSIQUES Incorporated, to include but not limited to programming, exercises, nutritional guidance, and pricing. Disclosure of this information will result in immediate dismissal from the team as well as discontinue services provided without refund. I understand that disclosure of my personal training and nutrition plan may also result in injuries to those whom the plan was not designed for. I agree to provide GR8PHYSIQUES Incorporated contact information to others interested in competition preparation, nutrition and personal training instead of sharing my personally designed program.

RELEASE OF LIABILITY:

By reading this document and submitting the new client form, I acknowledge that I have voluntarily chosen to participate in a program of progressive physical exercise that can enhance the musculoskeletal and cardiorespiratory systems. I acknowledge being informed of the possible strenuous nature of the program and the potential for unusual, but possible physiological results including, but not limited to, abnormal blood pressure, fainting, heart attack, or death. I assume all risks for my health and well-being and hold harmless of any persons involved with this program and testing procedures as well as the grounds for which I am performing them on. I fully understand that I may suffer injury as a result of my participation in the program and I hereby release GR8PHYSIQUES, Incorporated from any and all liability now or in the future, including but not limited to medical expenses, lost wages, pain and suffering, that may occur by reason of heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and any other illness, soreness, or injury, however caused, whether occurring during or after my participation in the program or use of the conditioning and exercise equipment and facilities, regardless of fault. I understand that Jocelyn Gray, Ronald Gray, GR8PHYSIQUES, Inc. and its employees and agents will make no evaluation or recommendation whether a participant is medically fit for any exercise activity. It is always advisable to consult your physician before undertaking a physical exercise program. I agree that I am engaging in physical exercise and the use of exercise equipment, training, and instruction that could cause injury. I understand that questions about exercise procedures and recommendations are encouraged and welcomed.

I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this program or I have discussed any potential limitations with GR8PHYSIQUES, Incorporated. I understand that it is my responsibility to keep GR8PHYSIQUES, Incorporated informed of all current and/or potential injuries and their progression throughout my training.

BENEFITS TO BE EXPECTED:

I understand that results obtained from the exercise program may assist in evaluating what type of physical activities I might do with low risk and be used as a guideline for my fitness level progression. I also understand that diet guidelines given to me by GR8PHYSIQUES, Incorporated are only recommendations as GR8PHYSIQUES, Incorporated and its trainers are not Registered Dietitians. I fully agree that all nutritional plans given to me are nothing more than examples of what a sample nutrition

program may consist of and by no means is meant to be a prescription or diagnosis for any medical condition of any kind. I also understand that nothing, including placing results (competitors), is guaranteed as individual adherence is different among every client.

INQUIRIES:

I acknowledge that questions about the procedures used in the exercise program or the results of my assessments are encouraged. If I have any concerns or questions, I understand that I should ask for further explanations.

PRICING AND PAYMENT:

I acknowledge and agree that the services I have requested are not transferable. I acknowledge that payment is required in advance for services rendered. I understand this money is not refundable after the individualized program is developed and distributed. I acknowledge that this specific contract, release of liability, consent, and agreement is valid indefinitely. No refund will be granted for training/plans/competitions that have been cancelled or rescheduled by the client or promoters.

CANCELLATION AND LATENESS

I acknowledge that appointment times are reserved and that cancellations must be made 24 hours in advance. Cancellations must be made by calling 813-230-8128 or 813-760-0600. It is my responsibility to attend my appointments (training/posing) when they are scheduled.

I understand that appointments will begin and end promptly as scheduled. I acknowledge that any delays to the start of a scheduled appointment will not be a cause of extend provided service beyond the remainder of the scheduled time. I will not expect or ask my trainer to run overtime. I understand that sessions will run approximately one hour unless otherwise stated.

I must cancel my subscription services **two weeks** prior to the next monthly payment date. I understand that all initial subscriptions that have not met their preliminary time cannot be refunded and will not be cancelled until the monthly processing starts. Cancellations can be made prior to the first monthly subscription payment if requested two weeks prior to payment processing. I understand that my account will be inactive upon completion of my subscription on the month of cancellation. I acknowledge that my customized plans will not be saved or archived by GR8PHYSIQUES Incorporated.

UPDATES

I understand that my plans are updated at the beginning of every month(with the exception of my first initial plan). I am required to update my trainers on a weekly basis preferably through email, in order to receive an updated plan. I understand that my continued progress is a reflection of the customized plan built for me and my individual goals. Failure to provide an update may result in repeating an existing plan, lack of individual progress, injury, and/or an inability to meet my set goals on time.

I hereby agree to waive any claims or rights I might otherwise have to sue GR8PHYSIQUES, Inc, Jocelyn Gray or Ronald Gray, its employees, or agents for injury sustained on account of these activities or due to ordinary negligence on the part of GR8PHYSIQUES, Inc, Jocelyn Gray or Ronald Gray, its employees, agents, members or guests.

I have carefully read this waiver and completely understand that it is a release of any liability under any circumstance related to physical training and instruction by GR8PHYSIQUES, Inc, Jocelyn Gray or Ronald Gray, its employees, agents, members or guests.