

**AMATEUR ATHLETIC
WAIVER AND RELEASE OF LIABILITY**

In consideration of being allowed to participate in any way on PFC-FIT.COM, an education venture of Postma Fitness Consulting, I personally acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Postma Fitness Consulting, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (“Releasees”), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY CHOOSING TO BECOME A MEMBER OF PFC-FIT.COM.

CLICKING ON THE **BUY NOW** BUTTON ON THE PLANS AND PRICING PAGE, OR ON THE REGISTER BUTTON ON THE FREE TRIAL REGISTRATION PAGE (WHEN OFFERED) CONSTITUTES ACCEPTANCE OF THESE TERMS, AND I AGREE TO THEM FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.