

Lawrence Murphy Fitness

Waiver, Release and Hold Harmless Agreement

1. I acknowledge that any participation in exercise, physical activity or use of supplements and drugs involves certain risks (some of which I may not fully appreciate) and that injuries, death, or other harm could occur to me. I accept and voluntarily incur all risks of any injuries, damages, or harm which arise during or result from any recommendations made by Lawrence Murphy Fitness for training and or/ use of supplements or drugs, regardless of whether or not caused in whole or in part by these recommendations by Lawrence Murphy Fitness, Lawrence Murphy(Released Parties) .

2. I waive all claims against any of the Released Parties for any injuries, damages, losses or claims, whether known and unknown, which arise during or result from my participation in any of the recommended activities including but not limited to diet, fitness , training or drug regimens, regardless of whether or not caused in whole or part by the negligence or other fault of any of the Released Parties. I release and forever discharge the Released Parties from all such claims.

3. I agree to indemnify and hold the Released Parties harmless from all losses, liabilities, damages, costs or expenses (including but not limited to reasonable attorneys' fees and other litigation costs and expenses) incurred by any of the Released Parties as a result of any claims or suits that I (or anyone claiming by, under or through me) may bring against any of the Released Parties to recover any losses, liabilities, costs, damages, or expenses which arise during or result from my participation in the Activity, regardless of whether or not caused in whole or part by the negligence or other fault of any of the Released Parties.

4. I have carefully read and reviewed this Waiver, Release And Hold Harmless Agreement. I understand it fully and I execute it voluntarily.

EXECUTED this day of _____.

Participant Signature

Participant Printed Name