

AGREEMENT & RELEASE OF LIABILITY

In requesting to participate in the Factor 3 Fitness online, I am stating that I am free from injury, disease or any medical condition that may be made worse by exercise. If I have any concerns or questions about my readiness to exercise I acknowledge that I should seek medical attention / advice before starting this or any form of exercise.

I do hereby waive, release and forever discharge Core Essentials Inc and its directors, officers, agents, employees, representatives, successors and assigns, administrators, executors, and all others from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities or my use of equipment or machinery in the above mentioned activities. I do also hereby release all of those mentioned and any others acting on their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with Factor 3 Fitness, created by Core Essentials Inc.

I understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, supervised or unsupervised, is a potentially hazardous activity. I also understand that fitness activities involve risk or injury or even death, and that I am voluntarily participating in these activities and using the equipment, supervised or unsupervised, with the knowledge of the dangers involved. I understand this program does not provide medical treatment, nor are its fitness professional's licensed medical professionals. I do hereby agree to expressly assume and accept any risk of injury or death.

PHOTO/IMAGE RELEASE AND WAIVER

I hereby give Core Essentials Inc (F3), its assigns, licensees and legal representatives the irrevocable right to use my name/photograph/image/audio recording/video recording/ and likeness ("My Image") in all forms and manner including but not limited to publication on Internet Web Sites, broadcasts and any other publications as released to or by Core Essentials. I hereby forever waive any right to inspect or approve any publication of My Image by Core Essentials. I have carefully reviewed and understand the above provisions and agree to be bound by them. I voluntarily and irrevocably give my consent and agree to this Release and Waiver.