

ONLINE MONTHLY PERSONAL TRAINING

I developed these workouts based on years of figuring out what worked for me and what kept me interested in working out. These are challenging workouts but I give options for **all fitness levels**.

LHF Online Monthly Plan Includes:

- Receive NEW functional workouts that change, stay fresh and keep your body challenged every month, consisting of 3 High Intensity Strength training routines per week in PDF form
- Every exercise is demonstrated, showing versions for beginners and experts on the LHF Online Video Glossary
- Special Access to LHF Online Video Monthly Stretching routine
- Two monthly group conference calls with Lori (week 1 and week 3) to check in, get motivated and ask any questions you have.
- A Private Facebook page just for online clients to contact Lori, ask questions, check in, and keep each other motivated!
- Most workouts on the plan can be done either in your home with basic equipment or at the gym. Basic equipment includes, dumbbells, a bosu ball, bench or step, and stability ball.

General meal planning guide

Gives you an idea of what foods to be choosing and healthy portion sizes to fuel your goals and see results. This is not a diet or nutritional program and the guide will not be tweaked for you. Instead, this is a general guide to help you learn about food and portion sizes.

PRICING

LHF Online monthly training plan is just \$59 per month plus a \$99 enrollment fee.

- **Special!** Waive your \$99 enrollment fee if you buy the **Total Health & Longevity System** by Isagenix (http://www.isagenix.com/ww/en/totalhealth_longevity.html) That saves you \$99!
 - Most clients that have used these Isagenix products have seen the best results!
 - Isagenix is the exact program that Lori uses to maintain her body
 - Email Lori at LHFonlineworkouts@gmail.com if you're interested!
- All clients continue on automatic monthly billing after the contest is up, unless a 30 day notice of cancelation is given.

*Amazing results WILL happen if you stick to the plan, and incorporate healthy eating. Our first winner lost 30 lbs in 90 days!! **If you're in, email or fax back the payment form below, and waiver forms attached below!** Good Luck!!*



AUTHORIZATION FOR PAYMENT

I, _____ authorize Lori Harder Fitness to debit my credit card/debit card for the services of:

Card Number: _____ Card Type: (Visa, MC, AMEX) _____

Expiration Date: _____ Security Code: _____

Street Address: _____

City/State/Zip: _____

*All monthly plans must be paid by credit or debit card only. No checks accepted. All monthly plans require 30 days notice for cancellation of both the plan and billing. Due to the billing company used, no exceptions can be made to this. All declined/rejected charges will be assessed a \$30 fee. All billing will be automatically charged between the 30th and 5th of each month, in conjunction with your receipt of your monthly workout plan. Lori Harder Fitness and all agents working for Lori Harder Fitness are not responsible for any billing mistakes made by the billing company.

Signature _____ Date: _____

Phone: _____

Please return this form to:

Email: LHFonlineworkouts@gmail.com

FAX: 801-494-5503

Injury Waiver, Release and Contract (pg. 1 of 2)

I, _____ (“Client”), in consideration of fitness and exercise instruction from _____ (the “Trainer”) and LoriHarderFitness, including owners, officers, managers, trainers, employees and agents (“LHF”), hereby agree to the following:

1. I acknowledge that exercising and dieting have inherent risks of damage and injury. I further understand that swimming, cycling, in-line skating, triathlon, skiing, weight training, aerobic classes, martial arts, kick boxing, kung-fu, and any other related sports are an extreme test of one’s mental and physical limits, and carry with it the potential for damage or loss of property, serious injury and death. I am participating entirely at my own risk and I agree to release the Trainer and LHF from any and all liability associated with such participation.
2. To the fullest extent permitted by law, I hereby waive any rights I may have to sue the Trainer and/or LHF for any damage or loss to property or injury to me or any other client, including death, sustained as a result of participation in fitness training and/or nutritional counseling whether due to negligence of the Trainer or LHF. This waiver specifically includes damage or loss to property or injury to me caused by other clients while participating in individual and/or group fitness training. This waiver specifically does not include injury or damage caused by intentional malicious acts by the Trainer or LHF.
3. I agree to defend, indemnify and hold the Trainer and/or LHF harmless from and against any and all actions, suits, claims, demands, causes of action, proceedings, losses, costs, expenses including, without limitation, all attorney fees and disbursements, damages, liability and fines or penalties, in any way arising out of, or directly or indirectly relating to, fitness training and nutritional counseling and use of the advice by third-parties.
4. I acknowledge that the Trainer is not a physician or medical professional, and is not trained in any way to provide medical diagnosis, medical treatment, psychotherapy, or any other type of medical treatment or advice.
5. I acknowledge that fitness training is a tool for teaching individuals about themselves, but the Trainer does not guarantee that advice given by the Trainer will produce good or bad results.
6. I agree that this is the full agreement between the parties and that the any prior agreements, oral or written, are fully incorporated into this agreement. No verbal statements or agreements contradicting any of the terms of this release are enforceable. All changes to this agreement must be made in writing.
7. By signing this agreement I acknowledge that I have entered into this agreement freely and voluntarily without force or coercion. I further acknowledge that this document has important legal consequences and I have had an opportunity to consult a lawyer before signing.

Signature (Client) _____ **Date** _____

Client Contact Information:

Phone (H):

Phone (C):

Phone (W):

Email:

Emergency Contact Information:

Name:

Phone:

City/State:

Zip:

Please return this form to:

Email: LHFonlineworkouts@gmail.com

FAX: 801-494-5503

Injury Waiver, Release and Contract (pg. 2 of 2)

This release is entered into between _____ (client) and _____ (trainer). The purpose of _____ (company) is to provide fitness and exercise instruction only.

The client hereby acknowledges that the following was explained to him/her and/or agrees to the following:

1. Acknowledges that the trainer is not a physician, and is not trained in any way to provide medical diagnosis, medical treatment, psychotherapy, or any other type of medical advice.
2. Acknowledges that fitness training is another tool for teaching individuals about themselves, but the trainer does not guarantee neither good nor bad will occur, nor guarantees the coaching advice given by the trainer will produce good nor bad results.
3. Acknowledges that the trainer may suggest exercise as part of the client's fitness program/lifestyle management. I (client) further understand that swimming, cycling, in-line skating, triathlon, skiing, weight training, aerobic classes, martial arts, kick boxing, kung-fu, and any other related sports are an extreme test of one's mental and physical limits, and carry with it the potential for damage or loss of property, serious injury and death. That the client assumes the risks of participating in these types of events/activities, that they are fit, and they have a regular medical physician they can contact regarding any medical problems they may develop. The client expressly waive, release, discharge, and agree not to sue the trainer or company for any liability of death, disability, personal injury, or action of any kind regarding the participation in the fitness programs, the said sporting events and/or training for said sporting/fitness activities.
4. Acknowledges that ALL TRAINING SESSIONS BOUGHT IN PACKAGES EXPIRE SIX (6) MONTHS after purchase if not used.
5. A 24 hour cancelation is required for all scheduled sessions, or the session will be charged to the client.
6. The client agrees that this is the full agreement between the parties, that the trainer nor anyone else has verbally contradicted any of these terms of this release and that the undersign has entered into this agreement free and voluntarily without force or coercion.

Signature (client) _____ Date _____

Please return this form to:

Email: LHFonlineworkouts@gmail.com

FAX: 801-494-5503.