

## Terms of Use

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By signing up to one of our membership packages (weekly/ monthly), you hereby represent that (i) you are in good health and in proper physical condition to participate (if required) and (ii) it is your sole responsibility to determine whether you are sufficiently fit and healthy enough to participate in Amanda Finnie's Training and / or Meal plans offered as part of the membership. You understand and acknowledge the physical and mental rigors associated with exercise and using the plans provided as part of the contest involves risks and dangers which include, without limitation, the potential for serious bodily injury, death or other damage. You hereby expressly assume all such risks and responsibility for damages, liabilities, losses or expenses which you incur as a result of participation. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You also understand that refunds will not be given for the contest. Once you submit payment you will be a member, whether fit or not. By submitting your entry to membership you further acknowledge that you have carefully read this "waiver and release" and fully understand that it is a release of liability. By signing up to one of our memberships, you expressly agree to release and discharge Amanda Finnie and AmandaFinniee.com from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the trainer or instructor for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence. If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from. By submitting your entry to membership, you are acknowledging that you understand its content and that this release cannot be modified orally.

## Notification of Possible Copyright Infringement

### Important Request

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#### Email

[helpdesk@amandafinniee.com](mailto:helpdesk@amandafinniee.com)