

Shielded Strength Coaching Agreement

The Warrior's Path (6-Month Plan) - \$179/month (\$1,074 total if paid in full)

Duration: 6-month commitment

Services Included:

- Everything in Shieldbearer, plus:
- Bi-Weekly Check-ins (via video or voice)
- Personalized Mindset & Habit Coaching
- Macro-Based Nutrition Coaching
- Workout Adjustments as Needed
- 1 Bonus Coaching Call (30 min)

Cancellation Policy:

No early cancellations. If termination is requested before 6 months, the remaining balance must be paid in full at the time of cancellation. No refunds for unused coaching.

Informed Consent & Assumption of Risk

By signing this agreement, you acknowledge that:

- You are voluntarily engaging in a fitness program designed by Shielded Strength LLC.
- You understand that physical exercise carries inherent risks, including but not limited to injuries or other health complications.
- You knowingly assume all risks associated with participating in this program.
- You affirm that you are in good health and have consulted a physician if necessary.
- You agree to inform the trainer if any exercise causes pain or distress so modifications can be made.
- You waive, release, and discharge Shielded Strength LLC from any liability for injuries or claims.

Client Signature: _____

Date: _____