

# Shielded Strength Coaching Agreement

## The Shieldbearer (Month-to-Month) - \$199/month

**Duration: 3-month minimum, then month-to-month**

Services Included:

- Custom Training Program (updated monthly)
- Basic Nutrition Guidance (macro recommendations + meal tips)
- Weekly Email Check-ins
- Access to Private Community
- Form Review (video submission for technique analysis)

### Cancellation Policy:

Client must commit to the first 3 months. After that, the contract may be canceled at any time with 14-day written notice before the next billing cycle. No refunds for unused sessions or partial months.

### 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:** \_\_\_\_\_