



TEAM MEMBER APPLICATION

TEAM O.G.

Join The Team!

Fill Out the Following Forms.

1. Team Member Application.
2. Confidentiality Agreement.
3. Training Waiver.
4. New Client Questionnaire.
5. Payment Authorization Form.

Please fill out all the forms completely. If you do not know or it is not relevant, please indicate N/A.

Since all programs are created individually, please allow us a few days after receiving your payment and information to develop your individual plan. You will begin your new program the FOLLOWING Monday.

Once your paperwork has been reviewed, the TEAM O.G. Office will send you a payment request for your initial fees and first month of membership dues.

Initial plans will be sent two days in advance of your start date so that you have enough time to acquire the required supplements and food to begin your protocols.

Your monthly fees will begin once we receive all your forms and a photo taken in swimming trunks, thong back bikini or similar from the front and back. VERY IMPORTANT – Have the person taking the picture sit on the floor in front of you – judges view. If you are a lifestyle member versus a competition member, then this is less relevant.

E-mail your forms and photographs. No WhatsApp or text message. This only applies to your required starter package forms.

When you start your training online before attending the complimentary training session(s), note that your first month is at a higher rate due to the increased need for email support upon initial start.

Fee Breakdowns. The following is a breakdown of fees due to start TEAM O.G.

Initial Fee: \$100.00 USD Enrollment Fee

12 Month Program first month: \$150.00 USD – Then \$100.00 USD for the remaining 11 months.

6 Month Program first month: \$160.00 USD – Then \$110.00 USD for the remaining 5 months.

3 Month Program first month: \$170.00 USD – Then \$120.00 USD for the remaining 2 months.

1 Month Program: \$200.00 USD

Above plans do not include personal one on one training except for the initial 1-week complimentary workouts for each body part one on one training upon starting your initial training. This is only applicable to those who are in Uruguay.

Please send your "Let's Get Started Packet" to the following.

E-Mail: teamog2023@gmail.com



TEAM O.G. APPLICATION FORM

TEAM MEMBERSHIP APPLICATION

Name:

Birthdate:

Address:

Phone:

E-Mail:

I am interested in:

Lifestyle Only

Fitness Only

Muscle Mass Only

Muscle Mass Only

Muscle Endurance

Competition

I have never competed before

I have competed before

How many competitions?

How many competitions?

List Competitions and placings

I am nationally qualified

I am a Professional

What organization?

I am an International Amateur Athlete

I was referred to TEAM O.G. by:

Height:

Current Weight:

Desired Weight:

Desired Contest Date:

As a Member and Representative of Team O.G, It's Members and Staff I agree to the following:

- TEAM O.G. Members will always present themselves with class, poise, and dignity both on and off the stage at all events.
- TEAM O.G. Members will treat everyone they encounter at an event with respect, from fellow members and fellow and opposing competitors to the show staff and to the judges, etc.
- TEAM O.G. Members will always look presentable and put together when out in public at an even including the host hotel, meeting, backstage & check Inns.
- TEAM O.G. Members will never be heard saying anything negative about TEAM O.G.
- TEAM O.G. Members will follow ONLY TEAM O.G. Training Principals, and Food, Supplement Protocols.
- TEAM O.G. Members will not train with any other team or follow another trainer's guidance.
- TEAM O.G. Members may not compete under the TEAM O.G. name at any event until they have approval that they are ready from the TEAM O.G. Staff.
- TEAM O.G. Members will only list TEAM O.G. as their Training affiliation on all entry forms.
- The TEAM O.G. Staff must approve all Fitness/Gym Industry related photo shoots. This is done only for your personal safety and protection of your career goals and reputation. ***All photo shoots/modeling work outside of the Fitness/Gym Industry are at your discretion.***

I understand that to maintain the high integrity of the TEAM O.G. name, any Team Member not following these guidelines will have their TEAM membership revoked and no refunds will be given.

Name (Print):

Signed:

Date:



TEAM O.G. APPLICATION FORM

NEW TEAM CLIENT QUESTIONNAIRE

Please be honest, your answers are completely confidential. The ONLY way we can help you is if we KNOW about you and your needs! This information will help us help you! Even though you already filled out some of this information out in your team application – please fill out all information and send with the entire packet. Use the back of the form for additional space if necessary.

Name:

Birthdate:

Address:

Phone:

E-Mail:

Have you ever dieted before? If, yes, How long and what type of diet? _____

Have you ever trained with heavy weights before? If, yes, how long? _____

Short Term Goals: _____

Long Term Goals: _____

Tell Us About YOU (Job, Family Life, Lifestyle): _____

Do you have any health issues? If so, describe: _____



TEAM O.G. APPLICATION FORM

New Team Client Questionnaire (Cont.).

Do you have any injuries that may affect your training? If so, describe: _____

Do you have any food allergies? If so, describe: _____

Do you have any psychological issues with food or exercise? If so, describe: _____

How do your family and friends feel about your decision to build muscle and get in shape? Are they supportive? _____

Please outline your current nutrition plan: _____

Please outline your current workout and cardio plan: _____

Please outline your current supplement plan and if applicable your supplement plan for your last contest: _____

Have you previously worked with another Team, Trainer, or Nutritionist? If yes, for how long and who: _____



TEAM O.G. APPLICATION FORM

Agreement of Confidentiality

Team O.G. Training principles have taken years to develop and are unique to any other training system in the World. To protect the exclusivity of TEAM O.G. training principles for our Members, the following guidelines must be agreed to before receiving any TEAM O.G. training program packages or participating in workshop seminars reserved exclusively for TEAM O.G. Members. This agreement is taken very seriously by TEAM O.G. and there is no Leniency when it comes to this agreement.

1. All TEAM O.G. training programs, exercises, exercise combinations, training style guidelines will be kept confidential and will not be forwarded to others for any reason, shared with anyone other than Official TEAM O.G. Members, posted on blogs, divulged in interviews, websites, twitter, Instagram, Telegram, Patreon, Reddit, Twitch, TikTok, Facebook or any other social media or print.
2. Written Training programs will not be forwarded to others for any reason, shared with anyone other than Official TEAM O.G. Members, posted on blogs, divulged in interviews, websites, twitter, Instagram, Telegram, Patreon, Reddit, Twitch, TikTok, Facebook or any other social media or print.
3. TEAM O.G. Nutrition & Supplementation programs will be kept confidential and will not be forwarded to others for any reason, shared with anyone other than Official TEAM O.G. Members, posted on blogs, divulged in interviews, websites, twitter, Instagram, Twitch, TikTok, Telegram, Patreon, Reddit, Facebook or any other social media or print.
4. TEAM O.G. Training and Nutrition Programs may not be used on other individuals for any reason.
5. TEAM O.G. Extra Items such as supplements, training garments, training equipment, etc. will be kept confidential and will not be forwarded to others for any reason, shared with anyone other than Official TEAM O.G. Athletes, posted on blogs, divulged in interviews, websites, Twitter, Instagram, Telegram, Patreon, Reddit, Twitch, TikTok, Facebook or any other social media or print.
6. TEAM O.G. training systems, training style, cardio programs, nutrition programs, posing techniques, business model, workshop format, training format or anything associated with TEAM O.G. will not be used in any way by any TEAM O.G. Member or Athlete to start their own training team/organization.
7. All photos, videos, articles of Athlete or Lifestyle member during their enrollment with TEAM O.G. are property of TEAM O.G. and can be used for marketing purposes on all our social media platforms or print.
8. Any TEAM O.G. Member or Athlete disclosing the above items will be immediately dismissed from the Team with NO REFUND.

Disclosing the above items will also result in legal action conducted by the TEAM O.G. IIMC S.A. Corporate Attorney with all costs associated with such legal action to be paid by the member or former member.

Name (Print):

Date:

Signed

Witness (Print)

Witness Signed:



TEAM O.G. APPLICATION

Waiver and Release of Liability

Name (Print):

Date:

Team O.G. IIMC S.A., Aaron Rook, any facility in which they conduct TEAM O.G. training in, and its contractors and agents will make no evaluation or recommendation whether a participant is medically fit for any exercise activity. It is always advisable to consult a physician before undertaking a physical exercise program. Participants warrant, represent, and agree that the participant is in good physical exercise program. Participants warrant, represent, and agree that the participant is in good physical condition and the participant has no disability, impairment, drug use or ailment preventing participant from engaging in exercise that will be detrimental to participants health, safety, comfort, or physical condition if participant does engage in any activity. You agree that you are engaging in physical exercise and the use of exercise equipment, club facilities, training and instruction that could cause injury to you. It is your personal choice whether to utilize the training/nutrition/supplementation examples demonstrated to you by the TEAM O.G. staff. TEAM O.G. has no liability concerning how you utilize these programs and protocols, and or how you perform the exercises or whether you follow the nutrition example suggestions.

You fully understand that Aaron Rook is not a physician nor a registered dietician. You fully agree that all nutritional plans given to you are nothing more than examples of what a sample nutrition program may consist of and by no means is meant to be a prescription or diagnosis for any medical condition of any kind.

You hereby agree to waive any claims or rights you might otherwise have to sue TEAM O.G. IIMC S.A., Aaron Rook or any facility in which TEAM O.G. Training is conducted or its contractors or agents for injury to you on account of these activities or due to ordinary negligence on the part of TEAM O.G., IIMC, S.A., Aaron Rook, any facility in which TEAM O.G. training is conducted, its contractors, agents, members or guests.

You hereby agree to waive any claims or rights you might otherwise have to sue TEAM O.G. IIMC S.A., Aaron Rook or its contractors or agents for injury to you on account of sample diet, supplement and fitness programs given to you or due to ordinary negligence on the part of TEAM O.G., IIMC S.A., Aaron Rook, any facility in which TEAM O.G. training is conducted, contractors, Agents, members or guests.

You have carefully read this waiver and completely understand that it is a complete release of any liability whatsoever under any circumstance related to physical training, dietary instruction, supplementation instruction by TEAM O.G. IIMC S.A., Aaron Rook, its contractors, agents, members, and guests.

Signed:

Date:

Witness:

Date:

CONFIDENTIAL



TEAM O.G. APPLICATION FORM

Team Payment Authorization Form

Name:

E-Mail:

I am starting my program online:

PAID MONTHLY Membership Option Selected (please check one). All memberships have an \$100 enrollment fee.

12 Month (\$100/month): NOTICE: First month dues are \$150.00 (Total due upon signing \$250.00 USD)

6 Month (\$110/month): NOTICE: First month dues are \$160.00 (Total due upon signing \$260.00 USD)

3 Month (\$120/month): NOTICE: First month dues are \$170.00 (Total due upon signing \$270.00 USD)

1 Month (\$200/month): NOTICE: (Total due upon signing \$370.00 USD)

PAID IN FULL Membership Option Selected (Please Check One)

12 Month PIF (\$1,215.00 USD – Includes 10% Discount):

6 Month PIF (\$684.00 USD - Includes 10% Discount):

3 Month PIF (\$459.00 USD - Includes 10% Discount):

1 Month PIF (\$333.00 USD - Includes 10% Discount):

ULTIMATE TEAM O.G. 12 Month PIF (\$3,000.00 USD – Includes 10% Discount):

Joining Fee is added to the total PIF options.

Membership Start Date:

Membership End Date:

Payment Option (Please check one): Monthly PayPal Request:

Monthly PREX Request:

Paid in Full:

Bank Wire Transfer:

The Term of this Membership Agreement is for _____, 4-week programs. I understand that if I discontinue my membership before the stated number of 4-week programs is completed, the difference between the number of programs chosen and the number of programs completed will be immediately due in full if the monthly payment option is chosen.

Training dues will be due every 28th day regardless of if the athlete completes the prior 4-week training program. Absolutely no refunds on Paid in Full packages, monthly fees, or initial membership fees.

I agree to the above payment program and understand all rules and conditions:

Name:

Buyers Signature:

PayPal Information:

Buyers Signature:

PREX Information:

Buyers Signature:

Bank Transfer Information:

Buyers Signature:



TEAM O.G. APPLICATION FORM

ADDITIONAL SERVICES FORM

Posing Classes Outside of a TEAM O.G. Paid Package - \$300.00 USD 10 Posing Classes.

Attendance of Competition Outside of Uruguay – Air Fare Paid, Hotel Paid, \$100 USD Per Diem.

Meal Preparation Services – 6 meals - \$5.00USD/Meal and \$7.00 every

One on One Training - \$110.00 USD/Month Includes 3 training Days per week. \$20.00 USD for every additional day.

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TEAM O.G. APPLICATION FORM

Package Details:

Lifestyle Package –

- Diet
- Diet Monitoring
- 3 one on one training sessions
- Supplementation protocols
- Workout & Cardio Protocols on a regular basis as per progress
- TEAM O.G. Merchandise Pkg. Hat, Shirt, Gym Pants or Tights

Competition Package –

- Diet
- Diet Monitoring
- 3 one on one training sessions
- Supplementation protocols
- Enhanced supplementation protocols
- Dial inn protocols – 2 weeks out, water depletion, sodium depletion, sodium load, carb load
- 3 one on one posing sessions.
- Workout & Cardio Protocols on a regular basis as per progress
- TEAM O.G. Merchandise Pkg. Hat, Shirt, Gym Pants or Tights.

All packages include access to Papa O.G. 24/7.

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