



50 Days of Rock' n Fitness Challenge Rules, Release and Indemnification

The purpose of this challenge is to provide a framework for a fun and friendly competition that promotes physical activity, and a supportive work environment. Challenge participation is **voluntary and you may quit at any time. Your healthcare professional must approve your exercise program before you begin.**

Participants are on the honor system and will participate in a healthy, safe and fair manner. Program administrators have the sole right to disqualify any participants they believe to be participating unfairly.

50 Days of Rock' n Fitness Challenge Rules:

The 50 day challenge begins on **Tuesday, December 8, 2020** and ends on **Tuesday, January 26, 2021**. Participants must carefully follow the directions below to prevent discrepancies and miscalculations. Directions must be followed to guarantee prizes are accumulated accurately.

- Challenge duration is 50 days.
- In order to participate in the challenge and be eligible for prizes, participants must sign and submit this document, Challenge Rules, Release and Indemnification, via email to Wellness@glidewell dental.com by **Tuesday, December 8, 2020**.

Category 1: 50 Miles or 150 Miles in 50 Days

Challenge yourself to walk or run 50 miles or 150 miles in 50 days!

1. Raffle Drawing 1: Walk or run (or any combination of walking and running) 50 miles in 50 days (equivalent to 1 mile per day) to be entered into a drawing for a chance to win a \$50 Amazon gift card.
2. Raffle Drawing 2: Walk or run (or any combination of walking and running) 150 miles in 50 days (equivalent to 3 miles per day) to be entered into a drawing for a chance to win a \$150 Amazon gift card.

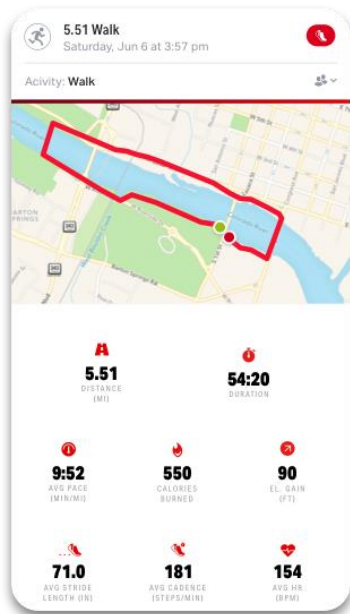
If participating in the category for 150 miles in 50 days (raffle drawing 2), you will automatically be entered into raffle drawing 1, for a chance to win both raffle prizes. **The LAST day to submit mileage for week 7 is on Friday, January 29 at 11:59 PM.**

- Mileage must be tracked on an app, such as the free **Map My Run App**.
- When submitting your mileage, you must include a photo of yourself at the end of your walk or run with a timestamp filter showing the date and time, using an app such as the free **Timestamp Camera App**.
- Hiking is accepted as a form of walking.
- **This is not a step challenge.** The purpose of this challenge is to track a dedicated walk or run in such settings as a beach, trail, neighborhood or treadmill. Submissions showing that the activity was completed in the following settings are **not** accepted: airports, theme parks, attractions, or any other venue. *Distance and duration must be tracked if completing running or walking activities on a treadmill. If you are using the Map My Run app, select "Treadmill Run" or "Treadmill Walk" in the settings menu.* Mileage submissions must be emailed to: Wellness@glidewell dental.com. Submitting activities in chronological order is recommended to streamline the approval process. Failure to show



either distance, duration and/or a time and date stamped photo will make the activity ineligible to be included in the total mileage needed for a raffle entry.

- In the email subject line include the following: *Name, Tech # - Mileage Submission (for example: John Doe, Tech #123456 – Mileage Submission)*.
- In the email body: include the screenshot image showing the distance and duration of your workout and the total mileage, as well as a timestamped photo with a filter showing the date and time. See examples below:



Category 2: Rock' n Fitness Activities








Complete all seven (7) activities with music notes (🎵) in the activity table below, and win a Glidewell extreme gift bundle (various Glidewell swag as determined by your Program Administrators). To help you rock your fitness goals, we have included a variety of physical activities to incorporate into your daily workout routine. Challenge yourself by following the calendar for all 50 days.

Photo Submission Requirements:

After completing each activity with a music note, submit a photo of yourself with a timestamp filter showing the date and time, using an app such as the free **Timestamp Camera App**.

- Activities must be submitted within one week of the activity date. *Any activities submitted over a week from the activity date will **not** be accepted.*
- The seventh (7th) and final Rock n' Fitness Activity must be submitted by **Friday, January 29 at 11:59 PM**.
- Submitting activities in chronological order is recommended to streamline the approval process.
 - In the email subject line include the following: *Name, Tech # - specified activity submission (for example: John Doe, Tech #123456 – 50 Squats Submission)*.
 - In the email body: include your timestamped photo. *See example in Category 1.*

Rock n' Fitness Activities

Day 1	Day 2	Day 3	Day 4	Day 5
25 burpees 25 sit-ups	25 push-ups 25 Lunges	20 lifts (v-ups) 30 second planks	30 minute walk 20 minute HIIT workout	
Day 6	Day 7	Day 8	Day 9	Day 10
30 jumping jacks 20 minutes of yoga	30 crunches 20 minute run	20 second flutter kick 30 burpees	20 pushups 30 lunges	30 second plank 20 squats
Day 11	Day 12	Day 13	Day 14	Day 15
30 crunches 20 jumping jacks		25 sit-ups 25 minutes of yoga	25 lifts (v-ups) 25 minute walk	20 minute HIIT workout 30 second flutter kick
Day 16	Day 17	Day 18	Day 19	Day 20
25 squats 25 push-ups	5-20 second planks 30 minutes of yoga	20 lunges 30 leg lifts (v-ups)		20 minute HIIT workout 30 sit-ups
Day 21	Day 22	Day 23	Day 24	Day 25
30 minute walk 20 minutes of yoga	30 squats 20 minute HIIT workout	20 burpees 30 crunches	20 push-ups 30 jumping jacks	30 minute run 5-20 second planks
Day 26	Day 27	Day 28	Day 29	Day 30
	30 crunches 20 minute run	25 lunges 25 minute walk	25 sit-ups 25 minutes of yoga	30 burpees 20 jumping jacks
Day 31	Day 32	Day 33	Day 34	Day 35
20 pushups 30 leg lifts (v-ups)	30 second flutter kick 20 minute HIIT workout		30 minutes of yoga 20 minute walk	25 burpees 25 second flutter kick
Day 36	Day 37	Day 38	Day 39	Day 40
30 push-ups 20 crunches	30 lunges 20 minute run	25 sit-ups 25 jumping jacks	25 lifts (v-ups) 25 second planks	
Day 41	Day 42	Day 43	Day 44	Day 45
30 lunges 20 push-ups	25 burpees 25 leg lifts (v-ups)	30 minute walk 20 crunches	30 sit-ups 20 minutes of yoga	30 second planks 20 squats
Day 46	Day 47	Day 48	Day 49	Day 50
20 jumping jacks 30 second flutter kick		25 push-ups 25 crunches	50 squats	20 minute run 30 burpees



Music Note Activities

Day 5	50 squats, 50 lunges (each leg), 50 jumping jacks – Repeat circuit 3 times, rest for 2 minutes in between each circuit
Day 12	50-minute workout
Day 19	50 burpees, 50 mountain climbers, 50 pushups – Repeat circuit 3 times, rest for 2 minutes in between each circuit
Day 26	50-minute workout
Day 33	50 sit ups, 50 second plank, 50 leg lifts (v-ups) – Repeat circuit 3 times, rest for 2 minutes in between each circuit
Day 40	50-minute workout
Day 47	50 squats, 50 pushups, 50 sit ups, 50 jumping jacks, 50 second planks – Repeat circuit 3 times, rest for 2 minutes in between each circuit



RELEASE AND INDEMNIFICATION

I acknowledge that I have read and understand the Rock n' Fitness Challenge rules. I understand that participation in this challenge is completely voluntary and it is my choice to participate in the challenge.

I understand that anytime I am participating it is at my own risk. Participation in any physical exercise presents certain risk of harm, including physical injury or death. If I am injured in any way, neither damages nor Workers' Compensation benefits will be paid to me, regardless of the fault or negligence (active or passive) of James R. Glidewell Dental Ceramics, Inc. and any of its employees, agents, contractors, affiliates or assigns, (hereinafter "Glidewell"). I voluntarily assume all risks and hazards associated with exercise and participation in the challenge, and any of the results, equipment or materials associated therein. Glidewell is not liable for any lost or stolen gift cards and/or prizes. I understand participation in the wellness challenge requires me to submit photography or video of my activities in which my face or entire body will be visible. I hereby give Glidewell, its legal representatives and employees the right and permission to use, reuse and/or publish, and republish any photos taken or submitted as a part of this wellness challenge in color or black and white, in audio or print form made through any media by Glidewell, for any purpose whatsoever; including the use of any printed material or on social media sites. I hereby waive any right to inspect or approve the finished photograph, video, printed or electronic matter that may be used in conjunction therewith or to the eventual use that it might be applied. I hereby discharge Glidewell from any liability that may result of any distortion, blurring or alteration, either intentionally or otherwise, that may occur to be produced in the taking, processing or reproduction of the photography or video in its publication or distribution. I hereby warrant that I am over eighteen years of age and competent to sign this agreement.

I understand that I may have rights under section 1542 of the Civil Code of the State of California, that states, "A general release does not extend to claims that the creditor does not know or suspect to exist in his or hers factor at the time of the executing release, which if known by him or her must have materially affected his or her settlement with the debtor." I expressly waive any rights conferred under that code section, any revisions to the code section, as well as any similar law of any state or territory of the United States.

I have read and fully agree to the terms of this release and indemnity agreement. I agree on behalf of myself (and my personal representatives, heirs, executors, administrators, agents and assigns) and I release and indemnify Glidewell for any and all claims or causes of action (known or unknown) arising out of any act or omission of Glidewell, including Glidewell's own negligence, strict liability or gross negligence. This Release and Waiver of Liability includes, but is not limited to injuries or damages including theft, criminal act of a third party, death, or property damage which may occur as a result of: (a) my participation in the challenge or any materials associated with the challenge; (b) Glidewell's conduct regarding instruction or supervision, or any other type of conduct, or (c) my injuries while participating in the challenge. I acknowledge that I have carefully read this release and indemnification agreement and fully understand that this is a release of liability. I am waving any right that I may have to bring legal action to assert any claim against Glidewell arising out of my participation in the challenge.

Finally, I acknowledge that I have consulted with my physician and I have received or will receive approval from my physician or healthcare provider to engage in an exercise program before entering



this challenge and before beginning any exercise program related to this challenge. If any one or more of the provisions of this agreement shall for any reason be held invalid, illegal or unenforceable, the remaining provisions of this agreement shall be unimpaired, and the invalid, illegal or unenforceable provision shall be omitted or replaced by a mutually acceptable provision which comes closest to the intention of the parties underlying the invalid, illegal or unenforceable provision.

Print Name: _____

Date: _____

Signature: _____

Tech ID #: _____