

Disclaimer

Before you participate in this exercise program please ensure that you have read and understand the following:

- In order to participate in this exercise program you should be in good physical condition.
- You should always consult with a medical professional before beginning this or any other fitness program to determine if it is right for your needs. This is particularly important if you have a history of or suffer from any of the following conditions (and not limited to):
 - high blood pressure
 - heart disease
 - high cholesterol
 - joint problems
 - obesity
 - smoking
 - any other unique condition that could be exacerbated by a change in physical activity.
- If you have any pre-existing medical condition, injury or disability which may affect your ability to participate in this program please seek medical advice and obtain written confirmation from your GP healthcare professional as to your suitability to take part in this program.
- Do not start this fitness program against medical advice.
- This program is not suitable to be used during pregnancy or for those under the age of 18.
- If you have any concerns or questions about your health, you should always consult with your GP or other healthcare professional. You should not disregard, avoid or delay obtaining medical or health related advice from your healthcare professional because of something you may have seen on this program.
- When participating in this program please take appropriate steps to ensure you are working out in a safe environment, wearing appropriate attire, following instructions correctly and have medical clearance to participate.
- Whilst engaging in this program it is important that you listen to your own body, and work at your own pace. It is vital that you stay hydrated and take a rest whenever you need it.
- Should you experience faintness, dizziness, pain or shortness of breath at any time whilst exercising you should stop immediately.
- The exercises in this program can be strenuous and should be scaled or done in moderation. There is an inherent risk in any exercise that, while providing some health benefits, it can also cause unknown health issues. Application or reliance on the techniques, advice, ideas, and suggestions in this program are at your sole discretion and risk.

- Be aware that when participating in any exercise program, there is always an element of risk of physical injury. If you engage in this exercise program, you agree that you do so at your own risk. You hereby acknowledge that you are voluntarily participating in these activities, willingly accept these risks, assume all risk of injury to yourself, and agree to unconditionally release and hold harmless Janey Sattentau Storr against all claims, suits, damages, losses, causes of action, costs, expenses or liability arising out of or related to your access, use and/or involvement with this program.
- To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare professional for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented are in no way intended as a substitute for medical consultation.
- The content of this program is provided for information purposes only and reliance on any information is solely at your own risk. The content of this program should not be relied upon as a substitute or replacement for professional medical advice, diagnosis or treatment. The content is not intended to diagnose any medical or healthcare condition, replace the advice of a healthcare professional or provide any medical advice, opinion, diagnosis, treatment or guarantee.
- There is no guarantee concerning the level of success you may experience from this program, and you accept the risk that results will differ for each individual.
- No part of this program may be copied, distributed, republished, uploaded, posted or transmitted in any way without the prior written consent of Janey Sattentau Storr.
- By using this program you are accepting the terms of this disclaimer. You certify that 1. you have read and agree to the above terms 2. you have received consent from your GP or healthcare professional to participate in this program 3. you acknowledge that you do so voluntarily and at your own risk; and 4. you agree to release and relieve Janey Sattentau Storr of any and all liability for any injuries, claims or damages arising out of your use thereof.