

## Disclaimer

By following any of our activities or any of our videos, you understand that physical activities, in any form, carry the risk of injury. You understand that it is your responsibility to know your physical and mental capabilities for activities you choose to do. You are responsible to ensure that, by participating in and using our activities, you will not exceed your limits or skill level. You shall select the appropriate level of activity for your skills and abilities, as well as for any mental or physical conditions or limitations you may have.

From time to time, the activities may suggest physical adjustments or the use of equipment, but you shall be solely responsible to determine if any such suggested adjustment or equipment is appropriate for your level of ability or physical or mental condition. When taking part in activities you should ensure that you have sufficient height and space around you to safely take part in the activity, that is free from hazards.