

O | W

FITNESS

Privacy and Disclaimer

Please follow this plan at your own discretion, I cannot be held responsible for any injury or illness that may occur whilst performing the plan. In starting the plan you agree to the fact that I am in no way responsible for any outcome.

The plan was designed by me if it is copied to the internet, shared without anyone, passed onto anyone you are in breach of the fact you have illegally shared my material. Copying or posting of this program on a public forum or download site is strictly forbidden.

I am not a medical doctor and the information contained herein should not be taken as medical advice. There are only recommendations. These recommendations should NOT be taken as medical advice, nor are they intended to diagnose, treat, cure or prevent any health problems.

Recommendations by myself are not intended to replace the advice of a physician or health professional. Please contact your physician or health professional before beginning any diet or exercise program.

Refunds: Once you, the client, have received your plan i cannot offer a refund. You are in possession of the service you have paid for and requesting a refund would mean you have availed of my service free of charge and can distribute it.