



HELP *for*
HEROES
Support for our Wounded



New Year Bootcamp Disclaimer

Although the benefits of these sessions are significant, there is always an element of risk involved with any physical activity. These sessions are designed in such a way to minimise the risk of injury. However, you are taking part in the bootcamp at your own risk; The Fit Farm Ltd or anyone associated with The Fit farm Ltd will not be held responsible for any damages, injuries or otherwise that may occur as a result of taking part in Boot Camp sessions.

Exercise is not without its risks, and this or any other exercise programme may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and very rare instances of heart attack.

If at any time during a session you feel discomfort or pain you should notify your instructor immediately. You are strongly invited to ask your instructor any questions that you may have during the rest intervals throughout your sessions. Your participation in these sessions are entirely voluntary and you may opt out at any given time if you so wish.

To reduce the risk of injury, before beginning this or any exercise programme, please consult your doctor for appropriate advice and safety precautions. The exercise instruction and advice taught are in no way intended as a substitute for medical consultation. The Fit Farm Ltd disclaims any liability from and in connection with this program.