

# WOD.SQD

## MEDICAL DISCLAIMER

The WOD.SQD subscription and Personal training service is designed to help you reach your health and fitness goals with access to a range of either workouts delivered daily or personal trainers with 1-on-1 training plans.

Information provided by WOD.SQD does not purport to be and must not be taken as medical advice, therefore, before starting any exercise regime you should consider consulting your doctor, especially if you have any medical condition(s) or are taking medication, are pregnant or have any related concerns.

If you have asthma, diabetes, a heart condition, growth condition or have experienced chest pains or dizziness in the last month, we strongly advise against using our services until you have consulted your Doctor.

By exercising and following our advice at WOD.SQD, you recognise that there is always an element of risk involved with any physical activity and you partake in such activities at your own risk.

If at any time during one of our workouts you start to feel discomfort or pain you should stop the exercise and seek medical assistance as required.

Your participation in WOD.SQD workouts are entirely voluntary and you can stop or opt out at any time.

WOD.SQD and any of its affiliates do not exclude or limit in any way it's liability for:

- death or personal injury caused by negligence
- fraud or fraudulent misrepresentation
- breach of the terms implied by applicable consumer protection legislation in England and Wales (to the extent they cannot be excluded by law).

WOD.SQD will not be liable for any injury, loss, claim, damage, or any special, exemplary, punitive, indirect or consequential damages of any kind, which arises out of or is in any way connected with your attendance at or participation in any workout or session.