

## Online Exercise General Disclaimer

Inspire Fitness strongly recommends that you consult with your doctor before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. It is your responsibility to decide if an exercise is too challenging for you, and if you should stop.

These workouts are not suitable for clients who are pregnant, have blood pressure or heart issues or any specific condition which would be a contraindication to exercise.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.

If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Inspire Fitness from any and all claims or causes of action, known or unknown, arising out of Inspire Fitness negligence.

Now let's train.

The logo for Inspire Fitness is displayed in a light gray, semi-transparent font. It features a silhouette of a person running on the left side, followed by the word "inspire" in a lowercase, rounded font, and the word "fitness" in a lowercase, sans-serif font below it.

inspire  
fitness