



DISCLAIMER FOR E-BOOKS AND VIDEO CONTENT

Exercise and health are matters that vary from person to person. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in any of our exercises shown in any of our e-books, videos or other content (together 'Content') or any 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 indomitablecrew.com, all its instructors, coaches, commentators and any associated with the indomitablecrew.com website from any and all claims or causes of action, whether foreseeable or not.

You should always consult a physician before starting a fitness program or changing your diet. Not all exercises, nutrition programs or activities are suitable for everyone.

All Content is made available without warranties or guarantees of any kind and indomitablecrew.com, any contributing author(s) of any articles including any third party contributors, disclaim any and all liability for any type or form of injury, including personal, direct, indirect or consequential or damage of any kind or type resulting from the use of this website or from any information, advice, goods, services or other resources that may be mentioned. This includes personal physical injury from performing any exercise described, or any and all forms of injury and/or damage to person, both animate or inanimate, mental, physical, electronic or any and other form of injury.

All the information, exercises, techniques, diet suggestions, ideas and examples in our Content are for educational purposes only, are general in nature, and are not in any way to be construed as individual or personal advice. The Content does not take into account your individual health, medical, physical or emotional situation or needs and should not be used for diagnosing any health, fitness, well-being, medical or other condition.

Where we have suggested any exercise programs, fitness plans, lifestyle changes or other material in our Content, you are responsible for consulting a suitable medical or other professional before using or engaging in any Content suggestions in our e-book and before trying any exercise, technique or taking any course of action that may directly or indirectly affect your health or well-being, including but not limited to any changes in your diet.

COPYRIGHT AND USE

You may not share, copy or redistribute this material in any medium or format at any time. Our digital Content and materials are provided for your individual use only and may not be used for commercial purposes.