



Dear (add name)

**We are so excited to have you part of team and allow us to be part of of your fitness journey. Before you move forward we kindly ask you to read the below and also reply by confirm your approval and acceptance.**

Health Disclaimer:

We want you to enjoy your online class provided by FitUncut Limited. Because we can't be there with you, it's important that you take responsibility for your own practise by acknowledging and respecting your own physical limitations. If you have any concerns about your physical health, you should seek advice from your doctor or health care provider before beginning any of the online classes available on Fituncut Limited. Fituncut Limited is not a medical organisation and its teachers cannot provide medical advice or diagnosis. The practice of Fituncut requires you – the practitioner – to gauge the safety of your practice within your personal physical limitations. The techniques and suggestions presented on the website/ social media are not intended to substitute for proper medical advice. Fituncut Limited and [fit-uncut.co.uk](https://fit-uncut.co.uk) assumes no responsibility for injuries suffered while practicing these techniques. You acknowledge and agree that all classes and videos are carried out at your election and at your own risk. By using the videos provided on this site or social media, you agree and understand that physical exercise involves strenuous physical activity and that such activity may carry a risk of injury, and that it is your responsibility to assess your physical and mental capability for such activities. It is your responsibility to ensure that by participating in the videos on [fit-uncut.co.uk](https://fit-uncut.co.uk) or @fituncut, you will not exceed your limits while performing such activity and that you will select an appropriate level of difficulty for your own personal skill and ability and condition.

You hereby expressly waive and release any claim that you may have at any time for injury of any kind against Fituncut Ltd, or any person or entity involved with Fituncut Ltd.

**I did read and understand these terms and confirm that I am fully responsible.**

(Name )