

## HEALTH AND FITNESS REQUIREMENTS

### *Terms and Conditions*

#### **Safety First :**

Warrior Fitness training is designed for persons of different fitness levels but like joining any physical activity it important that you have undertaken a medical check-up and are declared medically fit to participate in outdoor high-intensity physical fitness activities. Our training is not suitable:

- For pregnant women or those who have just given birth
- Persons with high blood pressure, diabetes, chest pains
- Persons with heart conditions or recovering from heart surgery
- Persons with severe knee pains /joint problems, slipped disc/spine conditions or lower back pains
- Persons with asthma
- Age limit 15- 55 years ( Over 55 require a doctor's note)

All Warrior Fitness Coaches and their Assistants will endeavour to advise and guide participants to train in a safe and proper manner during each exercise session. However, Warrior Fitness & Adventure Sdn Bhd shall not be held responsible for any injuries suffered by any of the participants during the course of exercising and/or as a result of the exercise. Therefore, each participant is advised and must understand that he/she ought to take out such insurance for such risks as is adequate in all the circumstances. If any of the participants suffer any sickness or illness they are advised to seek medical advice promptly.

#### **Results Disclaimer :**

Achieving optimal health and fitness is not an exact science and requires the combination of motivation, regular exercise, nutrition and lifestyle to achieve desired goals. Results may vary from individual to individual.

#### **Before a Workout Session:**

We will encourage all our recruits (students) to declare to the Warrior Coach if they have any illnesses or injuries prior to the start of each session.

#### **Dress and Department :**

All participants must wear the proper gym gear including proper running shoes during the session. You will not be allowed to train barefooted, in flip flops, sandals, jeans or swimwear. All jewellery which could catch on equipment should be removed prior to the start of the class.

