

Terms & Conditions

IMPORTANT NOTE - PLEASE READ THE FOLLOWING DISCLAIMER BEFORE UNDERTAKING ANY OF THE EXERCISES SHOWN IN ANY VIDEO ON THIS WEBSITE:

The exercises and techniques shown therein are demonstrated by a third party instructor and by undertaking such exercises demonstrated in any of the videos, you expressly and irrevocably agree:



- (1) That you have checked that there are no medical reasons to prevent you from doing such exercises. If you have a pre-existing medical condition and/or are in a generally unfit physical condition, you should not watch any of these exercise videos without first seeking medical advice;
- (2) That The Mentholatum Company Limited shall not be responsible in any circumstances for any risks, injuries or damage, known or unknown, that might occur to you as a result of undertaking such exercises and that you fully accept that undertaking these exercises is done so solely at your own risk
- (3) That such injuries may include, but are not limited to, back injuries such as muscle strains, muscle pulls or muscle tears;
- (4) To waive any claim that you or your successors might have against The Mentholatum Company Limited for injury or damages that you may sustain as a result of undertaking these exercises; and
- (5) That you have read this disclaimer and fully understood its contents.