Please review the following User Agreement carefully before using this video. Participants should consult with your physician before beginning any exercise program or changing your physical activity pattern.

You should be in good physical condition and be able to participate in the exercise. Any queries regarding the class can be directed towards creator of this video. You should understand that when participating in any physical exercise, there is a possibility of impacting your physical health. If you engage in any 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 creator, publisher and performers from any and all claims or causes of action, known or unknown, in connection with any liabilities or loss as a result from the exercise and the advice given herein.