

Workoutz.com Disclaimer/Warning:

Do not try these exercises without professional supervision. The people featured in these videos are highly-trained professionals and athletes. Please be advised that there are inherent risks involved in participating in any exercise program, and the user releases workoutz.com and all parties involved in the distribution of the information contained herein from liability. By using any information provided by workoutz.com, the user is assuming all risks of injury that might result. workoutz.com and its officers, directors, employees, agents, contractors, subcontractors, and instructors shall not be liable for any claims for injuries or damages whatsoever, resulting from or connected with the use of this site. You are warned and advised to seek the advice of a physician before beginning any exercise regimen. workoutz.com is not a substitute for physician consultation or treatment and nothing contained in this website should be construed as giving medical advice, diagnosis, or information.