

Caution!

The information on this site is provided as an exercise resource only and is not to be used or relied on for any diagnostic purposes. This information is not intended to be used as a substitute for professional diagnosis and professional treatment. It is exercise and fitness education.

Please consult your health care provider before making any healthcare decisions or for guidance about a specific medical condition. Have Lifelong Wellbeing, LLC or any of its' affiliates expressly disclaims responsibility, and shall have no liability, for any damages, loss, injury, or liability whatsoever suffered as a result of your performing any movements or taking any actions based on information presented on this site.

ONLY YOU can know if you are in sufficient physical condition to perform these movements. Please only proceed with this program if you accept full responsibility and feel that you are able to undertake a movement program of this type.

If at any time you are exercising beyond your current physical abilities, or you feel any discomfort, pain, dizziness or nausea that causes you alarm, you should discontinue exercise immediately and consult a health care provider.

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