



House of Strength and Conditioning Membership and Exercise Disclaimer

Anyone who wishes to partake in exercise or follow advice based upon or in line with guidance supplied by House of S&C – whether supplied via documentation, live or pre-recorded instructional video – must therefore adhere to the following terms:

Anyone taking part or following that which is supplied by House of S&C does so at their own risk.

House of S&C does not accept any responsibility or liability for any individual nor group of individuals. No matter if they are participating in exercise through the guidance supplied by House of Strength and Conditioning. The individual (or parent) needs to take full responsibility for their participation, nevertheless we will certainly endeavour to support you the best way possible wherever feasible.

To take part in and complete House of S&C content you must be in good physical health. If you've been told on health or medical grounds that you should not take part in physical activity and sport, then you won't be able to join or take out membership with us.

To perform this activity in a safe way, you must make sure that your environment is suitable.

Meaning it must be:

- a flat and stable surface of which to perform upon
- clear of any obstacles or distractions (including pets)
- more than spacious enough for the type of activity
- all equipment used must be in a good working/safe condition

By taking out membership, paying and receiving content and completing the programmed exercise – whether supplied via documentation, live or pre-recorded instructional videos or other means of receiving guidance from House of S&C – you agree to the above terms and conditions.

If you are unsure regarding the above information, please, prior to continuing and joining, do get in contact to ensure you understand the terms.

Email us,

info@houseofstrengthandconditioning.com