

Fitness Disclaimer

Each individual's health, fitness, and nutrition success depends on his or her background, dedication, desire, and motivation. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment.

I aim to accurately represent the information provided on this website, programs, and services. You are acknowledging that you are participating voluntarily in using our website or in any of our e-mails, programs, or services, and you alone are solely and personally responsible for your results. You acknowledge that you take full responsibility for your health, life, and well-being and all decisions now or in the future.

Rissa Flexes strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. Rissa Flexes is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this 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 Rissa Flexes from any and all claims or causes of action, known or unknown, arising out of Rissa Flexes.

I am not a doctor. The information I provide is based on my personal experience, studies of contortion and flexibility techniques, and my experience as a personal trainer.