

Disclaimer

The ideas, concepts, and opinions, expressed contain in this course are intended to be used for educational purpose only. The information contained in this course should by no means be considered a substitute for the advice of a qualified medical professional, who should always be consulted before beginning any diet, exercise or training program.

NikiP and its partners assume no responsibility for any injuries suffered or damages or losses incurred during or as a result of following the exercise and /or diet program in this course.

Please, consult your physician before beginning this or any other training program. If at any point during diet/workout you begin to feel dizzy or have any physical discomfort, please stop immediately.