Terms & Conditions

IMPORTANT NOTE - PLEASE READ THE FOLLOWING DISCLAIMER BEFORE UNDERTAKING ANY OF THE EXERCISES SHOWN IN ANY VIDEO ON THIS WEBSITE:

The exercises and techniques shown therein are demonstrated by a third party instructor and by undertaking such exercises demonstrated in any of the videos, you expressly and irrevocably agree:

(1) That you have checked that there are no medical reasons to prevent you from doing such exercises. If you have a pre-existing medical condition and/or are in a generally unfit physical condition, you should not watch any of these exercise videos without first seeking medical advice;

(2) That The Mentholatum Company Limited shall not be responsible in any circumstances for any risks, injuries or damage, known or unknown, that might occur to you as a result of undertaking such exercises and that you fully accept that undertaking these exercises is done so solely at your own risk

(3) That such injuries may include, but are not limited to, back injuries such as muscle strains, muscle pulls or muscle tears;

(4) To waive any claim that you or your successors might have against The Mentholatum Company Limited for injury or damages that you may sustain as a result of undertaking these exercises; and

(5) That you have read this disclaimer and fully understood its contents.