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Life Solutions Fitness online products and programs are designed to be used independently at your own pace and risk. This program is not intended to treat or cure any illness and results will vary per participant.

Please consult with your physician before beginning any new health and fitness regimen. By purchasing this program, you do not hold Life Solutions Fitness LLC and its employees liable for any injury or illness.

If you still have questions, please contact us at [contactforlifesolutions@gmail.com](mailto:contactforlifesolutions@gmail.com)

**Thank you for choosing,**

