



FINAL WAIVER

I understand that any exercise, nutrition, or lifestyle decisions I make based on the training are my sole responsibility.

I acknowledge that the training provides tools and knowledge but does not guarantee results. Results depend on my commitment, responsibility, and respect for the established limits.

If I exceed my safety limits on my own and get hurt, I will not hold **ARTFLOZEN STUDIO** or its facilitators responsible for consequences resulting from my actions.

Name: _____

Client Signature: _____

Date: _____ |