

Health & Safety Disclaimer

Muscles Matter www.musclesmatter.co.uk

Effective Date: 23 January 2026

1. Introduction

This Health & Safety Disclaimer ("Disclaimer") applies to all services provided by Muscles Matter, a sole trader business operated by Matthew McArdke ("we", "us", "our"). By using our personal training services, whether in-person or online, you ("Client", "you", "your") acknowledge that you have read, understood, and agree to be bound by this Disclaimer.

2. Assumption of Risk

Participation in physical exercise, personal training, strength and conditioning programmes, and any fitness-related activities carries inherent risks, including but not limited to:

- Muscular, ligament, or tendon strains and sprains
- Bone fractures
- Cardiovascular events
- Dizziness, fainting, or shortness of breath
- Aggravation of pre-existing injuries or conditions
- Other physical injuries or medical complications

You acknowledge and accept that these risks exist and voluntarily assume full responsibility for any risks of injury, illness, or death that may result from your participation in our services.

3. Medical Clearance

Before commencing any exercise programme with Muscles Matter, you must:

- Consult with a qualified medical professional/GP, particularly if you have any pre-existing medical conditions, injuries, or health concerns
- Obtain medical clearance to participate in physical exercise where appropriate
- Complete a Physical Activity Readiness Questionnaire (PAR-Q) (or equivalent) before you start, and update it if your health status changes
- Disclose any medications you are currently taking that may affect your ability to exercise safely

If you are pregnant, postpartum, experiencing menopause-related symptoms, or have any chronic health conditions, you must seek approval from your GP or healthcare provider before starting any training programme with us.

4. Client Responsibilities

By engaging our services, you agree to:

- Provide accurate and complete information regarding your health history, current physical condition, and any injuries or limitations
- Notify us immediately of any changes to your health status
- Inform us of any discomfort, pain, or unusual symptoms during exercise sessions
- Follow all instructions and safety guidelines provided by your trainer
- Use equipment properly and safely as directed
- Stay adequately hydrated and nourished before, during, and after sessions

Failure to disclose relevant health information may result in increased risk of injury for which Muscles Matter cannot be held liable.

5. Online Personal Training

For clients participating in online personal training sessions (including any live video sessions and any recorded/on-demand sessions you choose to follow), you acknowledge that:

- You are solely responsible for ensuring your training environment is safe, suitable, and free from hazards (including ensuring adequate space, lighting, flooring, and safe equipment setup)
 - We cannot physically supervise, spot, or correct your form and technique in person, and our ability to observe and give feedback may be limited by camera angle, video/audio quality, and connectivity
 - You are responsible for selecting appropriate weights/resistance and modifying or stopping exercises if something does not feel right
 - You must have appropriate equipment and sufficient space to perform exercises safely
 - Technical issues or interruptions to video sessions are beyond our control
 - You should stop exercising immediately if you experience any pain, discomfort, dizziness, chest pain, shortness of breath beyond normal exertion, or any other adverse symptoms, and seek medical advice where appropriate
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6. Nutritional Information Disclaimer

Any nutritional guidance, dietary suggestions, or advice related to diet and lifestyle changes (including information relating to Monjaro or other medications) provided by Muscles Matter is for general informational purposes only and does not constitute medical or dietetic advice.

We are not registered dietitians or medical professionals. You should always consult with a qualified healthcare provider or registered dietitian before making significant changes to your diet, particularly if you are taking medication or have underlying health conditions.

7. Limitation of Liability

To the fullest extent permitted by law, Muscles Matter, including Matthew McArdke, shall not be held liable for any:

- Injuries, illness, or death resulting from your participation in our services, where we have exercised reasonable professional care and skill
- Damage to personal property
- Losses arising from your failure to disclose relevant health information
- Consequences of following general fitness or nutritional guidance

Nothing in this Disclaimer excludes or limits liability for death or personal injury caused by negligence, fraud or fraudulent misrepresentation, or any other liability that cannot be excluded or limited under applicable law.

This limitation applies to all services, including one-on-one sessions, small group sessions (maximum 4 participants), and online personal training.

8. Emergency Medical Treatment

In the event of a medical emergency during an in-person session, you authorise Muscles Matter to seek emergency medical treatment on your behalf if you are unable to do so. You agree to bear all costs associated with such emergency treatment.

9. Acknowledgement

By booking, attending, or participating in any services provided by Muscles Matter, you confirm that you:

- Have read and understood this Health & Safety Disclaimer in its entirety
- Understand that participation in physical activity is at your own risk
- Accept the inherent risks associated with physical exercise and training
- Take full responsibility for your participation and any consequences thereof
- Understand that any content, programmes, guidance, or information provided by Muscles Matter is for informational purposes only and is not a substitute for medical advice, diagnosis, or treatment

- Release Muscles Matter and Matthew McArdke from any liability to the maximum extent permitted by law (subject to Section 7)
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10. Contact Us

If you have any questions about this Disclaimer, please contact us:

Muscles Matter Website: www.musclesmatter.co.uk

This Disclaimer is governed by the laws of England and Wales. We reserve the right to update or amend this Disclaimer at any time. Continued use of our services following any changes constitutes acceptance of those changes.