

Safety warning

Before starting a new exercise programme we recommend you consult your doctor or other professional medical adviser, particularly if you suffer from:

- A heart condition
- High blood pressure
- Diabetes
- Asthma
- Joint, muscular, or back problems
- Any similar conditions

Or you are:

- Pregnant
- On any prescribed medication
- Currently under the care of your doctor
- Convalescing

This advice should not be treated as a substitute for the medical advice of your own doctor and if you are in any doubt as to your fitness or are concerned about your health you should seek the advice of your doctor or any other health care professional.

