

# LandSwimmer the Standard Course

## Disclaimers

Like all physical exercise courses LandSwimmer courses recommend highly that you, the participant, get a clearance from your healthcare provider before participating in this or any other LandSwimmer course. As in all adventures into the water without a lifeguard your adventure with LandSwimmer is at your own risk.

In addition those with any medical or surgical condition must get clearance from their doctor and specialist. LandSwimmer by design is a low impact low burn program but the individual must observe the key approach: **GO SLOW!**

This is particularly important with any new session as you increase the number of reps before going to the session conclusion to join in with us to demonstrate mastery of each session.

Individuals with known skin, cardiac, pulmonary, kidney, gastrointestinal, neurologic, diabetic or other endocrine problems as well as any rheumatoid or orthopedic condition and/or surgeries or implants in any of these systems must get clearance from their healthcare provider and specialist/surgeon.

This program is designed primarily for the over 40 individual wanting to get back in shape with a process that can start at the level they are at and bring them as

gradually as necessary to the level of fitness this course provides. As a participant in this age range it is a responsibility of all of us to exert adequate care and caution at all times. All LandSwimmer courses pursued steadily and with personal care will lead to the results you are seeking and a strength and appearance that many of you may not have thought you would see again. Younger than 40 and growth plates closed, hop in. Same cautions apply.

Welcome to LandSwimmer and Let's get started!

Dr P