Injury’s and other Medical Problems

Pre Sales · https://thesixpackrevolution.com/docs/injurys-and-other-medical-problems/

Your health and well being is your responsibility.

In the unlikely event that you incur an injury during the programme, please seek medical attention from your doctor or physiotherapist to ensure a quick recovery, and inform us so that we can support you.

Please remember we have a Doctor of Chiropractic on The Six Pack Revolution team should you need any advice! Please do not train if you are seriously injured as this could prolong your injury and negatively impact your overall result. Should you need exercise advice, please get in touch with your Coach through the group and they will provide alternative exercises for you.

If you have yet to register, please contact us and we will be able to give specific advice.