Online Fitness Session Rules

I. Safety First:

- Warm-up and Cool-down: Always begin with a proper warm-up and end with a cool-down and stretching.

- Listen to Your Body: Stop if you feel pain and adjust your intensity accordingly.

- Proper Form: Maintain good form during all exercises to prevent injuries.

- Environment: Ensure your workout space is clear of obstacles and safe for exercise.

- Hydration: Drink water before, during, and after your workout.

2. Communication is Key:

- Active Participation: Engage in the session by asking questions and participating in the exercises.

- Feedback: Provide feedback to the instructor on the session's difficulty or any concerns.

- Technical Issues: Report any technical problems (audio, video) promptly.

- Respectful Environment: Maintain a respectful and positive attitude during the session.

- Privacy: Ensure your privacy by turning off your camera when not actively participating or talking.

3. Post-Session:

- Follow-up: Review the session's exercises and any provided resources.

- Questions: Ask any remaining questions after the session.

- Feedback: Provide feedback on the session to help improve future sessions.

Disclaimer: Participating in this online fitness session is at your own risk. The instructor is not responsible for any injuries or damages incurred during the session.