



Physical Activity Waiver, Assumption of Risk, and AI Disclosure

ALEX, THE AI TRAINER • EFFECTIVE 4 AUGUST 2026

Please read this before you buy, and before your first session. Alex is an artificial intelligence. He is not a doctor, a physical therapist, or a human trainer.

Alex cannot see you. He cannot watch your form, hear your breathing, check your heart rate, or judge whether a movement is safe for your body today. He is working only from what you have told him. You are the only one who can assess what you are able to do.

What you are confirming

By purchasing or using Interactive Alex, you confirm each of the following:

1. You are in good physical health and have no medical condition, injury, disability, or limitation that would make exercise unsafe for you.
2. **We recommend that you consult your physician or another qualified, licensed professional before beginning this or any exercise programme**, and you confirm that you have done so, or have made your own informed decision not to.
3. If you have any medical condition, are pregnant, are recovering from an injury or surgery, take medication that affects exertion, or are over 65 and not currently active, **you will speak to a doctor before your first session.**
4. You understand that nothing Alex says is medical advice, diagnosis, or treatment, and that using this service does not create a trainer-client or practitioner-patient relationship.
5. You will stop immediately and seek medical attention if you feel pain, dizziness, faintness, shortness of breath, chest discomfort, or anything that does not feel right. **Alex cannot tell that any of that is happening. Only you can.**
6. You choose which movements to perform and how hard to work, and you may skip, modify, or stop any exercise at any time, for any reason. **You are never required to complete anything Alex counts.**
7. You understand that exercise carries inherent risks, including muscle strain, sprain, fracture, cardiac events, and in rare cases serious injury or death, and **you knowingly and voluntarily assume those risks.**
8. To the fullest extent permitted by law, you release TIDE360, Inc., SMILE Company LLC (d/b/a Training by George), George Knowlton, and their officers, employees and contractors from claims

arising out of your participation, **except for gross negligence or willful misconduct, which are not waived.**

9. You are 18 years of age or older, or a parent or legal guardian is agreeing on your behalf.

If any part of the above is not true for you, please do not purchase. Contact us instead and we will help you find the right starting point. That is not a formality. It is the whole reason this page exists.

What Alex will say, every session

Before the first movement of every led session, Alex gives this reminder out loud. It is not skippable on your first session:

"Quick reminder before we start. I'm an AI, so I can't see your form or how you're feeling today. You're the judge of that, not me. If anything hurts, feels wrong, or you get dizzy or short of breath, stop, and talk to a doctor if you need to. Skip anything that isn't right for your body. Ready when you are."

Acknowledgement. I have read and understood this waiver. I am agreeing to it freely, and I understand that I am giving up certain legal rights by doing so.

PRINTED NAME

DATE

SIGNATURE

PARENT OR GUARDIAN, IF UNDER 18



Alex is a TIDE360 product, delivered through Training by George.

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