

Disclaimer

Date 05/12/2025

Full name Alexander Ma

Date of birth (dd/mm/year): 27/01/1997

NIF: 000

Email: alex_ma@hotmail.co.uk

Phone number: +3517365880876

Gender Male

With my signature, I confirm that I agree with:

- [Terms and conditions](#)
- [Privacy Policy](#)
- Not to be the bearer of any contraindications for the practice of physical activities, in accordance with paragraph 2 of article 40, of the [Basic Law on Physical Activity and Sport](#), approved by Decree-Law No. 5/2007, of 16 January.

User Signature



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