

Disclaimer

Date 21/03/2026

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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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