

Important Legal Disclosures

For Typical Results, Testimonials, & Customer Risks

GENERALLY EXPECTED RESULTS FROM OUR SIX PACK SHORTCUTS AND OTHER MIKE CHANG FITNESS

PRODUCTS: Although our products are intended to be fully implemented, and we work hard to ensure it's easy to do so, the typical user of virtually all education products treats them in much the same way they treat a book. The vast majority read or skim through it once, then do not implement the program or take any action based on it. The results of such education are intangible, and not measured in fat loss, muscle gain, abdominal definition, or other positive results of any kind. And even when consumers implement our product in full, more often than not they do not report increases in fat loss, muscle gain, abdominal definition, or other positive results of any kind. Reports of specific fat loss, muscle gain, abdominal definition, or any positive results of any kind should therefore be understood as the exception rather than the rule. Consumers who use our products can generally expect not to see any increase in fat loss, muscle gain, abdominal definition, or positive results of any kind. It is entirely possible you will gain fat, lose muscle, lose abdominal definition, and experience other negative outcomes as a result of the advice contained in our products.

TESTIMONIALS DISCLAIMER: Testimonials found at sixpackshortcuts.com and/or from Mike Chang Fitness are unverified results that have been forwarded to us by users of the Six Pack Shortcuts program, and may not reflect the typical purchaser's experience, may not apply to the average person and are not intended to represent or guarantee that anyone will achieve the same or similar results. If we have disclosed typical results based on information provided to us by a manufacturer or other reputable third party source, you should presume that the typical results as stated are more reliable than the testimonials and other examples found at sixpackshortcuts.com and/or from Mike Chang Fitness. However, you should always perform due diligence and not take such results at face value. We are not responsible for any errors or omissions in typical results information supplied to us by manufacturers or other reputable third parties. If a product or service is new, you understand that it may not have been available for purchase long enough to provide an accurate results history. Again, it is possible that even with perfect use of the program, you will not achieve the results described in testimonials. They are meant to be a showcase of the best results the program has produced, and should not be taken as the results a typical user will get. **SPECIAL NOTE FOR DANIEL ROSE'S TESTIMONIAL:** Daniel Rose's results with the Six Pack Shortcuts system are real. The testimonial was recorded when Six Pack Shortcuts was taught in an offline system through Mike (not the current online system). However, the information in the system was the same as what is being offered online. Additionally, Daniel Rose receives compensation from Six Pack Shortcuts for his technical and management work for Mike Chang Fitness LLC. His testimonial was not given for this reason, and was recorded when no business relationship existed. However, it must be disclaimed that he currently does benefit financially from sales of Six Pack Shortcuts.

RISKS OF PRODUCT USE: The website's content is not a substitute for direct, personal, professional medical care and diagnosis. None of the diet plans or exercises (including products and services) mentioned at sixpackshortcuts.com or from Mike Chang Fitness should be performed or otherwise used without clearance from your physician or health care provider. The information contained within is not intended to provide specific physical or mental health advice, or any other advice whatsoever, for any individual or company and should not be relied upon in that regard. We are not medical professionals and nothing on this website should be misconstrued to mean otherwise.

There may be risks associated with participating in activities mentioned on sixpackshortcuts.com for people in poor health or with pre-existing physical or mental health conditions. Because these risks exist, you will not participate in such diet plans if you are in poor health or have a pre-existing mental or physical condition. If you choose to participate in these risks, you do so of your own free will and accord, knowingly and voluntarily assuming all risks associated with such dietary activities. These risks may also exist for those who are currently in good health right now.

In addition, the Six Pack Shortcuts program is designed to be a challenging program which is designed to get you abdominal definition as fast as possible. An important component of the program is lifting heavy weights (barbells and dumbbells). This activity is inherently risky, and especially so if done with poor form. You may experience muscle tears, pulls, sprains, dislocations, or other undesirable health consequences. Another important component of the program is the Zero Willpower Eating System, which requires that a large portion of your diet be cooked in advance and heated with a microwave oven. Users assume all risks inherent with microwave cooking, including possible risks of cancer and other undesirable health consequences.

IMPORTANT BILLING INFORMATION: As is stated repeatedly on the sixpackshortcuts.com website, order page, and checkout page, a 30 day trial of the Six Pack Shortcuts program is included with your purchase of the program. If you do not cancel within 30 days, you will be automatically charged \$67/month for 5 months or until you cancel.

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SIXPACK SHORTCUTS

Six Pack Shortcuts



+ 88,339

IMPORTANT LEGAL DISCLAIMER FOR TESTIMONIALS, RISK AND TYPICAL RESULTS

As with any exercise program, you assume certain risks to your health and safety by following Six Pack Shortcuts. Any form of exercise can cause injuries if the exercises are performed incorrectly, and Six Pack Shortcuts is no exception. It is possible that you may become injured doing the exercises in this program, especially if they are done with poor form. Although thorough instruction is included on form for each exercise, realize that Six Pack Shortcuts (like any other exercise program) does involve a risk of injury.

Mike offers a 100% money-back guarantee - you can return the program for any reason if you are not satisfied with the results. However, Mike cannot guarantee your results with Six Pack Shortcuts. It is possible that you will not lose fat, gain muscle, or get ab definition with this program. It is also possible that you will gain fat, lose muscle, and lose ab definition.

Mike's story, and the stories of the clients you see on this page are real. However, it must be disclaimed that these testimonials are not claimed to represent typical results with the program. They are meant as a showcase of what the most motivated and dedicated clients can do with the program. Your results may vary, and you may not get the same results when using this program due to differences in your individual exercise history, genetics, and personal motivation.

Mike is not a medical doctor or nutritionist. His advice is not meant as a substitute for medical advice. Please consult your doctor before beginning any exercise or diet program.

Please see our full legal disclaimer for more information on typical results, risks, and our full testimonials [disclaimer: Disclaimer for typical results, testimonials, and risks](#)