

LEGAL NOTICE

Last updated: 28.04.26

1. General Information

In compliance with the duty to provide information established in Article 10 of Spanish Law 34/2002, of 11 July, on Information Society Services and Electronic Commerce (LSSI-CE), the following general data of the owner of this website are made available to Users:

- **Owner / Service Provider:** Irina Zelenkova
- **Professional status:** Self-employed professional (*trabajador autónomo*) registered in Spain
- **NIE (Tax Identification Number):** Y7411519J
- **Registered address:** Avinguda Diagonal, 336, 1º 2ª, 08013 Barcelona, Spain
- **Contact telephone:** +34 609 452 819
- **Contact email:** dr.irinazelenkova@gmail.com
- **Website:** <https://owntop.world/en>

[TO BE COMPLETED — choose ONE of the following options based on your actual credentials, then delete this note and the option not used:]

Option A — If "Dr." refers to a PhD / academic doctorate:

- Academic title: PhD in Sports Science / Exercise Physiology, obtained from Zaragoza University, Spain, 30.05.2022.
 - Professional title: Doctor of Medicine
 - Member of the Colegio Oficial de médicos de Zaragoza
 - Membership number (*número de colegiado*): 5016657
 - Country of issuance of qualification: Spain
 - Applicable professional regulation: Spanish Law 44/2003, on the Regulation of Health Professions, and the Code of Medical Ethics of the Spanish Medical Organisation.
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2. Purpose of the Website

This website is owned and operated by Irina Zelenkova (hereinafter, the "Service Provider") for the purpose of presenting and facilitating access to her professional services, which include:

- Sports and physical training services, including those provided by instructors;
- Personal training services in the field of physical exercise and preparation for high-altitude mountaineering, including programmes carried out through hypoxia training and at high altitudes;
- Advisory and consulting services in the field of physical conditioning and improvement of athletic performance in hypoxic environments.

The contents published on this website are made available for informational and commercial purposes regarding the services offered. **They do not constitute medical advice, diagnosis, treatment, or a substitute for professional medical consultation.**

3. Conditions of Use

Access to and use of this website grants the visitor the status of "User" and implies full and unreserved acceptance of all the provisions included in this Legal Notice, as well as any other legal provisions applicable, including the Privacy Policy and the Cookie Policy.

The User undertakes to use the website and its contents in accordance with the law, this Legal Notice, public order, generally accepted morality, and good customs. In particular, the User undertakes to abstain from:

- Using the contents for purposes contrary to the law, morality, public order, or that may damage the rights or interests of third parties;
 - Reproducing, copying, distributing, transforming or modifying the contents without the prior written authorisation of the Service Provider;
 - Introducing computer viruses, malicious code, or any other element that may damage or alter the website, its systems, or the equipment of other Users;
 - Attempting to access restricted areas of the website or its systems without authorisation.
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4. Health and Safety Disclaimer (Physical Training, Hypoxia and Altitude)

The services offered by the Service Provider include **physical training, hypoxia training, and preparation for high-altitude mountaineering**. These activities involve **inherent risks to**

physical health, including but not limited to cardiovascular stress, respiratory stress, hypoxia-related symptoms, altitude sickness, injury, and, in extreme cases, serious harm.

By accessing this website and engaging the Service Provider's services, the User acknowledges and accepts that:

- The User must consult with a qualified physician before commencing any training programme offered or referenced on this website, **particularly any programme involving hypoxia training, simulated altitude or real high-altitude exposure**;
- The User is solely responsible for disclosing to the Service Provider, prior to engaging any service, any pre-existing medical condition (including without limitation cardiovascular, respiratory, neurological, haematological conditions, or pregnancy) that may be relevant to the safety of the activity;
- The information published on this website is general in nature and is not tailored to the individual circumstances or health status of any particular User;
- The Service Provider does not provide medical services, and her services do not replace medical advice, diagnosis or treatment;
- The User participates in any training activity voluntarily and at their own risk.

To the maximum extent permitted by applicable law, the Service Provider shall not be liable for any injury, damage, illness or loss arising from the User's failure to comply with the obligations set out in this section, or from the User's failure to follow the safety instructions provided in connection with the services.

5. Intellectual and Industrial Property

All contents of this website — including without limitation texts, photographs, graphics, images, icons, technology, software, links, audiovisual and sound content, graphic design and source code — are the intellectual property of Irina Zelenkova or, where applicable, of third parties who have authorised their use, and are protected by Spanish, European Union and international intellectual property regulations.

The trademarks, trade names, logos, distinctive signs, products and services appearing on this website are protected by industrial and intellectual property rights. Their use, reproduction, or any other form of exploitation in any media without the express prior written authorisation of the Service Provider or the relevant rights-holder is expressly prohibited.

The mere access to this website by the User does not grant any right of ownership, use, or any other right of any nature over its contents.

6. Liability and Disclaimers

The Service Provider has adopted reasonable technological and organisational measures to ensure the proper functioning of the website. However, the Service Provider does not guarantee the absence of errors in access to the website, in its content, or in the updating of such content.

To the extent permitted by applicable law, the Service Provider shall not be liable for damages of any nature that may arise from:

- Errors, omissions, or lack of updating in the contents of the website;
- The unavailability or interruption of the website's operation;
- The presence of viruses or other harmful elements in the contents that may cause alterations to the User's IT systems;
- The use that Users make of the information published on the website, including any decision adopted on the basis of such information.

Nothing in this Legal Notice shall exclude or limit the Service Provider's liability for fraud, gross negligence, or any other liability that cannot be excluded under Spanish law.

7. Links to Third-Party Websites

This website may contain links to other websites operated by third parties. The Service Provider does not control and is not responsible for the contents, policies, or practices of such third-party websites. The inclusion of such links does not imply endorsement, association, or recommendation. The User accesses third-party websites at their own risk and subject to the terms and conditions of those websites.

8. Personal Data Protection

The processing of personal data collected through this website is governed by the Privacy Policy and the Cookie Policy, which form an integral part of this Legal Notice and are accessible from any page of the website.

9. Modifications

The Service Provider reserves the right to modify, at any time and without prior notice, the presentation, configuration and contents of the website, as well as the terms of this Legal Notice. Users are encouraged to review this Legal Notice each time they access the website.

10. Applicable Law and Jurisdiction

This Legal Notice shall be governed by and construed in accordance with Spanish law.

For the resolution of any dispute arising from access to or use of this website, the parties, expressly waiving any other jurisdiction that may correspond to them, submit to the Courts and Tribunals of the city of Barcelona, Spain — without prejudice to the rights that consumers may have under mandatory consumer protection legislation to bring proceedings before the courts of their place of residence within the European Union.

In accordance with Article 14 of EU Regulation 524/2013, Users who qualify as consumers may also submit disputes through the European Commission's Online Dispute Resolution platform, available at: <https://ec.europa.eu/consumers/odr/>

11. Contact

For any questions regarding this Legal Notice, Users may contact the Service Provider at:

- **Email:** dr.irinazelenkova@gmail.com
 - **Telephone:** +34 609 452 819
 - **Postal address:** Avinguda Diagonal, 336, 1º 2ª, 08013 Barcelona, Spain
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