

Terms & Conditions — AP The Trainer

Effective Date: 11/08/2025

Welcome to **AP The Trainer**. These Terms & Conditions ("Terms") govern your use of our website, services, and content. By accessing or using our services, you agree to be bound by these Terms.

1. Eligibility

- You must be at least 18 years old to use our services.
- By using our services, you confirm that you are in good physical condition or have consulted a medical professional before starting any fitness program.

2. Services Offered

We provide:

- Online and in-person fitness coaching.
- Workout and nutrition plans tailored to your goals.
- Educational fitness content via our website and social platforms.

3. User Responsibilities

When using our services, you agree to:

- Provide accurate and truthful personal, health, and payment information.
- Follow the workout and nutrition plans at your own pace and risk.
- Seek medical advice if you have existing health conditions.

4. Payments & Refunds

- All payments must be made in full before receiving services.
- Payments are processed securely through third-party providers.
- All sales are final. Refunds are not provided.

5. Health Disclaimer

- All information, workouts, and nutrition plans provided by **AP The Trainer** are for educational purposes only.
- We are not medical professionals, and our services are not a substitute for professional medical advice.
- You acknowledge that participating in fitness activities carries inherent risks, and you agree to take full responsibility for your safety.

6. Intellectual Property

- All content, including workouts, guides, videos, images, and text, is the property of **AP The Trainer**.
- You may not copy, share, or distribute our content without written permission.

7. Prohibited Activities

You agree not to:

- Use the website for illegal or harmful purposes.
- Share your account or purchased content with others.
- Attempt to hack, reverse-engineer, or disrupt our website.

8. Limitation of Liability

- **AP The Trainer** is not liable for any injuries, health issues, or damages arising from your participation in our programs.

- We do not guarantee specific fitness results as they depend on individual effort and adherence.

9. Termination of Services

We reserve the right to suspend or terminate your access to our services if you violate these Terms.

10. Changes to Terms

We may update these Terms from time to time. Continued use of our services after updates means you accept the new Terms.

Contact Us

For questions about these Terms, contact us at:

Email: thetraineranish@gmail.com

Phone: 8208303915