

# TERMS & CONDITIONS

## Program Conditions

The following policies/procedures apply:

- Only available to the first five clients that enquire between January 8 to January 28 2024.
- Client must be able to start their free trial within 4 weeks from when they submitted their application.
- Client will receive one customized training plan based on their goals and preferences communicated via the first consultation video call.
- Client can expect to receive their training plan within five working days after the first consultation call.
- Client will be able to receive technique assessment for two weeks after the training plan has been sent via WhatsApp or otherwise specified form of online communication.
- Client will receive partial access to exclusive educational video content, a total of three lectures, two relating to nutrition and one relating to mindset. This will give a preview of the type of content provided in my Total Transformation Program.
- Client will receive minimum of two consultation calls. First consultation must take place prior to the training plan being sent. Second consultation call will be booked in one week after the first consultation call is completed.
- If client cannot attend their scheduled client calls, they must inform me (the coach) 24 hours in advance in order to schedule an alternative time. If client fails to attend the replacement call time, the consultation time will no longer be guaranteed.
- There is no cost or deposit required for the free trial as outlined above. If the client wishes to continue their coaching program and receive access to all my services as part of the 16 week total transformation program, the client will need to sign up and pay deposit as per my standard coaching terms and conditions.

## Limitation of Liability

I strongly recommend that you seek professional medical advice before embarking on any diet or exercise program.

Any exercise program, even in healthy individuals, carries risk. You have a responsibility to exercise your own personal judgement, as well as any other considerations, before acting on any of the content provided by me.

Where I provide you with a Personal Training, the information contained therein should not be regarded as or relied upon as being a comprehensive health or exercise programme. Accordingly, any actions that you take in relation to a personal plan should not be pursued regardless or to the exclusion of other information, opinions or judgments that are available to you.

Any Personal Training will have been prepared on the basis of information provided by you. You are responsible for the accuracy of any information that you provide to me. You are responsible for informing me of any health issues or medical conditions when asking me to prepare a Personal

Training. Before taking any action in relation to a Personal Plan, you must take into account any other factors apart from the Personal Plan of which you are or ought to be aware.

The information set out in the Program may relate to certain contexts and may not be suitable in other contexts. It is your responsibility to ensure that you do not use the information we provide in the wrong context.

You are responsible for informing me of any health issues and pre-existing medical conditions when you ask me to prepare your personalised program. Any information that we provide that does not form part of the personalised program, whether obtained through my video content, social media or otherwise, is provided for the purposes of general information only.

## **6. Expected Results**

While I believe that for most people, following my program and methods will lead to desired results, all exercise programmes depend on the individual. Results will be affected by the effort and commitment of the individual, however in some circumstances even where an individual follows my program, they may not achieve the desired results. Especially, if client is completing my free trial after only 2 weeks of commitment, no results can't be expected. We therefore provide no warranties of any kind, express or implied, as to:

- the effectiveness any techniques, diets or programmes that we deliver; or
- the results that you may achieve as a result of following our programs.

All testimonials shown on my social media are real people who have followed the plans provided by me. For the avoidance of any doubt, however, they are not indicative of the results that you are likely to achieve, rather they are included as examples of the results that particular individuals have achieved.