

Terms of Service

Effective Date: [Insert Date]

These Terms of Service (“Terms”) govern your access to and use of the Lifter mobile app and web app (together, the “Service”) operated by RetrainAI Limited (“Lifter,” “we,” “our,” or “us”).

By creating an account or using the Service, you agree to these Terms. If you do not agree, please do not use the Service.

1. Eligibility

- You must be at least 16 years old to use the Service.
 - By using the Service, you confirm that you meet these requirements.
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2. Accounts

- You must provide accurate information when creating your account.
 - You are responsible for maintaining the confidentiality of your login credentials.
 - You are responsible for all activity that occurs under your account.
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3. User Content

- You may upload workouts, goals, comments, posts, photos, and other content (“User Content”).
 - You retain ownership of your User Content. By posting it, you grant us a limited, worldwide, non-exclusive, royalty-free license to use, display, and distribute it as necessary to operate the Service.
 - You must not post content that is illegal, harmful, offensive, or infringes the rights of others. We may remove content or suspend accounts at our discretion.
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4. Health & Fitness Disclaimer

- Lifter provides fitness tracking and community features but does **not** provide medical advice.
- The Service is for informational purposes only and should not be used as a substitute for professional medical advice, diagnosis, or treatment.

- Consult your doctor before starting any exercise program. Use of the Service is at your own risk.
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5. Acceptable Use

You agree not to:

- Use the Service for unlawful or fraudulent purposes.
 - Harass, abuse, or harm other users.
 - Attempt to interfere with or disrupt the Service (e.g., hacking, reverse engineering, scraping).
 - Misuse reporting or moderation features.
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6. Paid Features (Future)

At present, all features of the Service are provided free of charge. In the future, we may introduce optional paid features or subscriptions. If we do, we will provide clear information about pricing, billing, and cancellation terms before you choose to purchase.

7. Termination

We may suspend or terminate your account if you violate these Terms or if we are required to do so by law. You may delete your account at any time via in-app settings.

8. Intellectual Property

The Service, including our name, logo, and software, is owned by RetrainAI Limited and protected by copyright, trademark, and other laws. You may not copy, modify, distribute, or create derivative works without our permission.

9. Disclaimer of Warranties

The Service is provided “as is” and “as available.” We make no guarantees that it will be error-free, uninterrupted, or meet your specific needs.

10. Limitation of Liability

To the maximum extent permitted by law, RetrainAI Limited shall not be liable for any indirect, incidental, or consequential damages arising from your use of the Service. Our total liability for any claim is limited to the greater of (i) €50 or (ii) the amount you paid us in the past 12 months.

11. Indemnity

You agree to indemnify and hold harmless RetrainAI Limited from any claims, damages, or expenses arising from your use of the Service or violation of these Terms.

12. Changes

We may update these Terms from time to time. If changes are material, we will notify you in the app or by email before they take effect. Continued use of the Service after changes means you accept the new Terms.

13. Governing Law

These Terms are governed by the laws of Ireland, without regard to conflict of law principles.


14. Contact

If you have questions about these Terms, contact us at:

RetrainAI Limited

17 Headford, Mount Avenue

Dundalk, Louth, Ireland

 rowan17@thelifter.app