

Welcome to FundamentalFitness. These Terms and Conditions govern your use of our mobile application and related services.

By downloading, accessing, or using the App, you agree to be bound by these Terms. If you do not agree, please do not use the App.

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## 1. Eligibility

You must be at least 18 years old to use this App. By using the App, you represent and warrant that you are at least 18 years old and have the legal capacity to enter into these Terms.

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## 2. Medical Disclaimer

**Not Medical Advice:** The App provides fitness and wellness-related content for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment.

**Consult a Professional:** Always consult your physician or other qualified healthcare provider before beginning any new fitness program.

**User Responsibility:** You assume full responsibility for your health and any injuries or damages resulting from your use of the App.

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### 3. User Accounts

You may be required to create an account to access certain features.

You are responsible for maintaining the confidentiality of your account information.

You agree to provide accurate, current, and complete information and to update it as necessary.

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### 4. Subscriptions and Payments

The App may offer free and paid

subscription plans.

All payments are processed through the App Store or Google Play, depending on your device.

**Auto-Renewal:** Subscriptions may renew automatically unless canceled at least 24 hours before the end of the billing period.

**Refunds:** All purchases are final. Refund requests must comply with the policies of the platform through which you made the purchase.

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## 5. Acceptable Use

You agree not to:

Use the App for any unlawful purpose.

Post or transmit content that is harmful, offensive, or infringes on others' rights.

Attempt to reverse-engineer or interfere with the App's functionality or security.

Use bots, scrapers, or other automated means to access the App.

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## 6. Intellectual Property

All content on the App, including text, graphics, videos, and software, is owned or licensed by us and is protected by copyright and other intellectual property laws.

You may not reproduce, modify, or distribute any content without our prior written permission.

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## 7. Termination

We reserve the right to suspend or terminate your account at any time for violation of these Terms or for any reason at our sole discretion.

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## 8. Disclaimer of Warranties

The App is provided "as is" and "as available" without warranties of any kind.

We do not guarantee that the App will be error-free, secure, or uninterrupted.

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## 9. Limitation of Liability

To the fullest extent permitted by law, [Your App Name] and its affiliates shall not be liable for any direct, indirect, incidental, special, or consequential damages arising out of your use of or inability to use the App.

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## 10. Changes to Terms

We may update these Terms from time to time. Continued use of the App after changes means you accept the updated

Terms. We encourage you to review this page periodically.

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## 11. Privacy Policy

Please refer to our Privacy Policy for information on how we collect, use, and protect your personal data.

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## 12. Governing Law

These Terms shall be governed by and construed in accordance with the laws of [Your Country/State], without regard to its conflict of law provisions.

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## 13. Contact Us

If you have any questions or concerns about these Terms, please contact us at: [support@fundamental-fit.co.uk](mailto:support@fundamental-fit.co.uk)

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By using this App, you acknowledge that you have read, understood, and agreed to these Terms and Conditions.

