

隐私协议 (Privacy Policy)

1. 信息收集 (Information Collection)

我们会收集您在使用应用时提供的必要信息，例如用户名、联系方式及锻炼数据。这些信息仅用于提供服务，不会未经您的同意用于其他用途。

We collect necessary information such as username, contact details, and workout data when you use the app. This information is solely used to provide our services and will not be used for any other purposes without your consent.

2. 信息使用 (Information Usage)

您的信息将用于以下用途：

- 提供和改进我们的服务；
- 分析用户数据以优化应用体验；
- 提供个性化的锻炼计划。

Your information will be used for the following purposes:

- Providing and improving our services;
- Analyzing user data to optimize the app experience;
- Offering personalized workout plans.

3. 信息共享 (Information Sharing)

我们不会与任何第三方共享您的个人信息，除非：

- 经您明确同意；
- 法律要求或政府机构要求。

We will not share your personal information with any third parties unless:

- You have explicitly consented to it;
- It is required by law or government authorities.

4. 信息安全 (Information Security)

我们采取合理的技术和管理措施保护您的个人信息免受未经授权的访问、泄露或篡改。

We implement reasonable technical and administrative measures to protect your personal information from unauthorized access, disclosure, or modification.

5. 用户权利 (User Rights)

您有权：

- 访问、修改或删除您的个人信息；
- 撤销对我们使用您信息的同意。

You have the right to:

- Access, modify, or delete your personal information;
- Withdraw your consent for us to use your information.

6. 隐私政策的更新 (Updates to the Privacy Policy)

我们可能会不时更新隐私政策。更新后，我们会在应用内发布通知。请定期查阅隐私政策以了解最新信息。

We may update this Privacy Policy from time to time. Updates will be notified within the app. Please review the Privacy Policy periodically to stay informed.

7. 联系我们 (Contact Us)

如有任何隐私相关问题，请通过以下方式联系我们：

- 邮箱: guggervip@163.com
- 地址: 广东省广州市黄埔区科丰路万达广场 C2 栋 2421

For any privacy-related inquiries, please contact us via:

- Email: guggervip@163.com

- Address: Room 2421, Building C2, Wanda Plaza, Kefeng Road,
Huangpu District, Guangzhou, Guangdong Province, China