

CONDITIONS AND TERMS

Thank you for downloading to the 7 Minute Workout App. You agree to be bound by the following terms and conditions by using this app:

The 7 Minute Workout App is designed to give users with fitness regimens that may be done in 7 minutes or less. You promise that you will only use the app for legal reasons and in line with these terms and conditions.

User Account: You may be asked to establish a user account in order to access the app. When creating your account, you must provide accurate and complete information. You are responsible for keeping your account login details secure and for any actions that occur under your account.

User items: You may be able to post comments, suggestions, or other items to the app ("User Content"). You give us a non-exclusive, permanent, royalty-free, worldwide licence to use, reproduce, alter, distribute, and display the User Content in connection with the app by submitting User Content.

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Limitation of Liability: We will not be responsible for any indirect, incidental, special, consequential, or punitive damages arising out of or linked to your use of the app, even if we have been told of the potential of such damages, to the maximum extent permitted by law.

Termination: We have the right to terminate or suspend your access to the app at any time and for any reason. You must immediately discontinue all usage of the app and erase all copies of the app from your device upon termination.

Governing Law: These terms and conditions shall be regulated and construed in accordance with the laws of the jurisdiction in which we are based, without regard to conflict of law considerations.

Changes to Terms and Conditions: We retain the right, at any time and without notice, to amend or revise these terms and conditions. Your continued use of the app following any such updates or amendments constitutes your acceptance of such changes.

The following terms and conditions comprise the complete agreement between you and us about the use of the app and replace any earlier agreements and understandings, whether written or oral, concerning such use.

Please contact us if you have any questions or problems regarding our terms and conditions.