



Terms and Conditions:

Intellectual Property Rights:

Ownership: All content provided in the programme, including but not limited to text, graphics, logos, images, audio clips, digital downloads, and software, is the property of Ferg Fitness or its content suppliers and is protected by international copyright laws.

The programme that you receive from Ferg Fitness is for your own personal use:

- You may not forward, distribute or share with clients, coaches or teams
- You may not resell any of the products/programmes
- You may not use them in other products for resell

We grant you a limited, non-exclusive, non-transferable licence to access and use the programmes content for you own personal, non-commercial use only.

To cancel an ongoing coaching programme purchase, you must provide 72 hours notice to next renewal, any cancellation within in this period will incur that final purchase cost. This is done through written notice emailed to fergfitnessinfo@gmail.com.

Eligibility and Registration:

Age requirement – You must be at least 18 years of age to use our fitness and nutrition online programmes.

To access the programme, you must ensure you have filled out the relevant questionnaire.

Health and Safety:

You accept full responsibility for your own health and well-being and you knowledge an understanding that no responsibility is assumed by Ferg Fitness and it's employees.

It is the customers responsibly to consult with a health care professional before starting any exercise and/or nutrition programme that Ferg Fitness has provided.



You acknowledge the risks associated with physical activity and waiver liability for injuries that may be sustained.

The information provided in this programme is for general informational purposes only and is not intended as, nor should it be considered a substitute for, professional medical advice, diagnosis, or treatment.

Disclaimer:

We do not guarantee specific results from our programmes and nutrition plans. Individual results may vary based on various factors.

Our programmes may contain links to external websites/links that are not provided or maintained by us. We do not guarantee the accuracy, relevance, timeliness, or completeness of any information provided on these external sites.

Privacy Policy:

Collection and use of personal information will only be stored within the Ferg Fitness company and used only for the purpose in which your purchase was intended for.

Changes to Terms and Conditions:

Ferg Fitness, has the right to modify these terms, with notice, to its customers. Which will be given prior to any renewal payment date.

We reserve the right to refuse service, terminate programmes or cancel subscriptions at our sole discretion.

With purchase you agree to these terms and conditions.

Any questions please contact fergfitnessinfo@gmail.com.

