

TERMS AND CONDITIONS - THE FITB*TCH MEMBERSHIP

FITB*TCH

All FitB*tch programmes have been designed by a fitness professional, however participation in any of the workouts and courses is of your own accord. You are not obliged to follow any or all of the programme. It is your responsibility to ensure you have medical clearance to exercise.

The FitB*tch Membership is not designed to be prenatal or postnatal specific however we can provide modifications and guidance for pregnant and postnatal clients. It is your responsibility to ensure you have clearance to exercise and no contraindications.

Please use common sense when participating in The FitB*tch Programmes. Consider your level and ability and choose the appropriate level for each exercise. Rest as much as you need to, when you need to. If any of the exercise options provided are not suitable for you, please contact the FitB*tch team via email. We will endeavor to provide a suitable alternative.

You perform the exercises and use any equipment at your own risk. You are responsible for making sure that the exercises are carried out in a safe manner. Please ensure you are in a clear space with no obvious hazards, adequate ventilation, appropriate lighting and access to water.

Physical activity, generally, comes with a variety of risks. There is a risk of abnormalities in blood pressure, heart attacks, strokes, and even death. Exercises may lead to musculoskeletal injuries including, but not limited to, muscle tears, tendon and ligament tears, and bone fractures. A physical activity programme may have benefits to the heart, muscles, lungs, joints and many other physiological systems. There may also be benefits psychologically.

A note for pregnant FitB*tch's

Guidelines say that exercise is generally safe and to be encouraged throughout pregnancy unless contraindications apply, but any pregnancy carries a risk of miscarriage or stillbirth. Please observe the talk test as a measure of your intensity; you should be able to keep up a conversation. If you can't, dial the intensity down. Stay hydrated. Don't bump the bump. Avoid overheating. If you feel unwell on your back during exercise, change position. You should stop exercising and seek medical advice if you experience any of the following during or after exercise:

- Bleeding from the vagina
- Feeling dizzy or faint
- Shortness of breath before starting exercise
- Chest pain
- Headache
- Muscle weakness
- Calf pain or swelling
- Regular, painful contractions of the uterus
- Fluid gushing or leaking from the vagina

The FitB*tch team are not liable for any damages or personal injuries sustained by you during or after participating in The FitB*tch Membership. You assume full responsibility for any injuries or damages that may occur during The Programmes.

Any nutrition advice provided during The FitB*tch Membership is not individualised. Neither the FitB*tch Team nor the nutritionist have any liability for any adverse health effects, illnesses or diseases that may arise from dietary changes made during or after your time on The FitB*tch Membership

The exercise instruction and advice presented during The FitB*tch Membership are for education purposes only, and are in no way intended as a substitute for medical consultation with a qualified healthcare professional. It is highly advised that anyone participating in the The FitB*tch Membership has been cleared by their doctor and has seen or is working in conjunction with a physiotherapist if postpartum and/or experiencing any pelvic, orthopaedic or other symptoms. If at any point during The Programmes you experience pain, symptoms or increased symptoms of dysfunction (e.g. prolapse, incontinence, diastasis recti, pelvic pain or orthopaedic injury) please consult with a healthcare provider and discontinue until you have received professional guidance.

All content is the property of The FitB*tch Membership and is not to be shared with third parties.

The FitB*tch Team undertakes to keep your personal information private and confidential.

Your FitB*tch Membership will automatically renew after one month. You can cancel your plan at any time before the auto-renewal.

You must not share your log-in details with anybody else or allow anybody else to access FitB*tch via your membership.

No refunds can be issued where you change your mind about wanting access to The FitB*tch Membership

By participating in The FitB*tch Membership, you confirm to abide by these terms.