

# Members Zone Terms & Conditions

## Lipstick Lifters Members Zone agrees to provide:

- i. Regular updates to the portal.
- ii. 1:1 online support (upgraded members only).

## As a member you:

- i. Understand that these plans are for personal use only and your results will depend wholly on the dedication and effort that you apply on an ongoing basis.
- ii. Agree that you take part in these workouts at your own risk.
- iii. Accept that all content inside Members Zone belongs to Lipstick Lifters and may not be duplicated, shared, sold on, or used in any way other than as part of your own personal workout plan. Any misuse of these plans will be considered a breach of terms/copyright and legal action may be sought.
- iv. Agree to receive marketing communications and update emails from Members Zone.

## Cancellation policy:

You may cancel your subscription at any time without obligation.

Cancellation requests should be sent in writing to: [Members@lipsticklifters.com](mailto:Members@lipsticklifters.com) with a brief outline as to why you wish to cancel. Your reasons will remain completely confidential and are solely for the purpose of helping us to provide the best possible service to our members.

## Refund policy:

No refunds will be given once payment has been made.

## Privacy policy:

Lipstick Lifters respects your privacy and will never sell or forward your personal details to a third party. Our privacy policy can be found here: <https://lipsticklifters.com/privacy-policy/>

If you have any questions about these terms or anything else related to the members zone please direct them to [Members@lipsticklifters.com](mailto:Members@lipsticklifters.com)

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## Before you get started:

Even with good health exercise is not without its risks, it is your sole responsibility to exercise within your own limitations.

As with all physical exercise there is the possibility of physical injury, all exercises recommended are carried out at your own risk.

If you are new to working out, or are returning after a long period of time off then it is important that you ease yourself into a new routine responsibly.

If you have any underlying health conditions, of any kind, we recommend that you seek the approval of a medical professional before embarking on a new workout plan.

If at any point you feel unwell you must stop exercising and notify someone immediately.

Lipstick Lifters is not a licensed medical care provider, we have no medical expertise and therefore we do not advise on the matter.

Lipstick Lifters disclaims any liability from and in connection with your choice to take part in the workouts provided.

By becoming a member you agree wholly to these terms and take full responsibility for your choice to use these workouts.