

# Terms & Conditions

**Please read these terms thoroughly prior to making your purchase**

All workout packs are intended for personal use only and your results will depend wholly on the dedication and effort that you apply on an ongoing basis.

When you purchase a workout pack you agree that you are over the age of 18 and take part in these workouts at your own risk.

You accept that all content 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.

## **Money back guarantee**

Our money back guarantee applies only to our 6 week workout packs.

If you purchase one of these packs, follow the plan as written for the full 6 weeks and you don't experience any difference in your physical strength, we will give you your money back.

## **Marketing communication**

When you purchase a workout pack, you will be added to our mailing list to receive marketing communications and regular updates via email. You are free to unsubscribe at any time.

## **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 [Info@lipsticklifters.com](mailto:Info@lipsticklifters.com)

Lipstick Lifters reserves the right to amend these terms and conditions at any time without prior notice. In the event that any changes are made, the revised terms and conditions shall be posted on our website immediately.

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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.