**Terms and Conditions**

Welcome to The Jump Program. By accessing or using our website and services, you agree to be bound by these Terms and Conditions. Please read them carefully. If you do not agree with any part of these terms, you must not use our services.

**1. Your Data**

1.1 **Collection and Use of Data**: By using our website, you agree to provide accurate and complete biological details as requested. We collect and use your data solely for the purpose of creating a personalized training program.

1.2 **Data Privacy**: Your privacy is important to us. We will not share your personal data with third parties without your explicit consent, except as required by law.

1.3 **Accuracy of Information**: You are responsible for ensuring the accuracy of the information you provide. Inaccurate or incomplete information may affect the effectiveness of your training program.

**2. Purchasing**

2.1 **Payment**: All payments must be made in full at the time of purchase. We accept various forms of payment as indicated on our website.

2.2 **Non-Refundable Policy**: All purchases are final and non-refundable. Once you have paid for a program, no refunds will be issued under any circumstances.

2.3 **Confirmation**: Upon successful payment, you will receive a confirmation email with details of your purchase and access to the program.

**3. The Program**

3.1 **Program Details**: The training program is designed based on the information you provide. It is tailored to your specific needs and goals.

3.2 **No Guarantee of Results**: We do not guarantee specific results within the specified program length. Individual results may vary based on various factors including, but not limited to, your adherence to the program, biological factors, and overall health.

3.3 **Assumption of Risk**: You acknowledge that participating in any training program involves a risk of injury. By using our services, you agree that you are participating voluntarily and assume all risks of injury to yourself.

3.4 **Liability Disclaimer**: The Jump Program and its affiliates are not liable for any injuries, health issues, or damages that may occur during or after the use of our training program. You agree to hold us harmless from any claims or legal actions related to your participation in the program.

3.5 **Medical Advice**: Our programs are not a substitute for professional medical advice, diagnosis, or treatment. Consult with a healthcare professional before starting any new exercise or nutrition program.

By using our website and services, you acknowledge that you have read, understood, and agree to these Terms and Conditions. If you have any questions or concerns, please contact us at contactjumpprogram@gmail.com.