

CAB ONLINE PERFORMANCE TRAINING TERMS & CONDITIONS

Effective September 15, 2026 · Questions: cabspeedtraining@gmail.com

These Terms & Conditions ("Terms") are an agreement between CAB Training LLC ("CAB," "we," "us") and the person enrolling in CAB Online Performance Training (the "Program"). If the athlete is under 18, the parent or legal guardian who enrolls the athlete ("Parent") accepts these Terms for themselves and on the athlete's behalf. "You" means the athlete and, where applicable, the Parent. By paying for the Program, you agree to these Terms.

1. THE PROGRAM

The Program is a 6-month online training program that includes:

1. A custom speed program and a custom strength program, delivered within 48 hours after CAB receives both your completed intake form and your first BreakAway speed test.
2. Nutrition and recovery guidance. This is general education, not medical or dietetic advice (see Section 7).
3. Updated programming every 4 weeks for the length of the Program.
4. Weekly BreakAway speed tests, with feedback and check-ins from Coach Jacob Cabezudo as needed.
5. 1:1 messaging with Coach Jacob in the CAB Training app for the 6-month Program term. Messages are answered within [RESPONSE TIME], [DAYS]. Messaging is not for emergencies.
6. Access to the CAB Training app content library (nutrition modules and drill demonstrations) as described in Section 5.
7. BreakAway app access for speed testing during the Program.

The Program starts on the day payment is received (Day 0). CAB accepts a limited number of new athletes each month and may place you on a waitlist or assign a later start date.

2. PRICE & PAYMENT

OPTION	AMOUNT	TOTAL
Paid in full	\$3,000 at enrollment	\$3,000
3-payment plan	\$1,000 per month for 3 months	\$3,000
6-payment plan	\$500 per month for 6 months	\$3,000

1. **Payment plans are a commitment to the full \$3,000.** They are a way to split up the cost, not a monthly membership. Except as stated in Section 3 (Guarantee), you owe the full remaining balance even if you stop training.
2. Payment plan charges are billed automatically to the card on file on the same day each month. By choosing a plan, you authorize these charges.

3. If a payment fails, CAB will notify you. If it is not resolved within 7 days, CAB may pause access to programming and messaging until the account is current.
4. Filing a chargeback or payment dispute instead of contacting CAB first is a breach of these Terms. CAB may end your access, and the remaining balance stays due.

3. "FASTER IN 8 WEEKS" MONEY-BACK GUARANTEE

If your top speed (MPH, measured on BreakAway) has not improved over your week-1 test by the end of week 8, CAB will refund the full amount you have paid for the Program.

To qualify, you must meet all of the following:

1. Submit a BreakAway speed test every week from week 1 through week 8 (8 tests total), each by Sunday of that Program week. A missed week makes you ineligible for the guarantee.
2. Test the same way every time: same setup, same distance, fresh at the start of a session, following CAB's testing instructions.
3. Submit a refund request in writing (in the app or at cabspeedtraining@gmail.com) within 7 days after the end of week 8.
4. Have no chargeback or payment dispute on your account.

How refunds work: CAB reviews your BreakAway data and, if you qualify, refunds all Program payments made to date to the original payment method within 14 days. Any remaining payment plan charges are canceled, and your Program access, including app access, ends. The guarantee applies only to your first 6-month enrollment, not to renewals or monthly continuation.

4. REFUNDS & CANCELLATION

1. Other than the guarantee in Section 3, all payments are non-refundable, including if you stop training, lose interest, have schedule conflicts, or don't complete the Program.
2. **Injury or medical pause:** [PAUSE POLICY — e.g., if a doctor documents an injury or illness that prevents training, you may pause the Program once for up to X weeks. Payment plan charges continue during the pause.]
3. CAB may end your enrollment for abusive or harassing conduct, sharing Program materials in violation of Section 9, or nonpayment. If CAB ends your enrollment for any other reason, CAB will refund a prorated share for the unused portion of the Program.

5. APP ACCESS

1. **Lifetime content access:** After you complete the Program or pay for it in full, you keep access to the CAB Training app's content library (nutrition modules and drill demonstrations) for as long as CAB operates the app. "Lifetime" means the life of the app, not the athlete's lifetime. Content may be updated, changed, or removed.
2. **Messaging ends at 6 months:** 1:1 messaging with Coach Jacob, custom programming, and test feedback are included only during an active Program term, renewal, or monthly continuation.

3. BreakAway is a third-party app. CAB is not responsible for its availability, accuracy, or terms of use, and your continued access after the Program is not guaranteed.

6. AFTER THE PROGRAM

At the end of the 6 months, you may choose to continue:

OPTION	PRICE	TERMS
6-month renewal	\$2,700	Returning-athlete price, same inclusions and payment terms as Section 2, without the guarantee
Monthly continuation	\$500 per month	Billed monthly and cancelable any time before your next billing date. No refunds for partial months.

If you choose neither, your Program ends at 6 months and only the lifetime content access in Section 5 continues.

7. HEALTH, SAFETY & ASSUMPTION OF RISK

- Medical clearance:** You confirm the athlete is physically able to take part in sprinting, strength training, and related exercise, and has been cleared by a physician where appropriate. You will tell CAB about all injuries, medical conditions, and limitations on the intake form and keep CAB updated.
- Training is unsupervised:** The Program is delivered online, and CAB does not supervise workouts or testing. You (and, for minors, the Parent) are responsible for safe supervision, proper technique, a safe training surface, appropriate equipment and spotters, weather and heat precautions, and hydration.
- Stop if something is wrong:** Stop training and seek medical care if you feel pain, dizziness, shortness of breath, or other warning signs.
- Not medical advice:** Coach Jacob is a Certified Strength and Conditioning Specialist (CSCS). He is not a physician, physical therapist, or registered dietitian. Nutrition and recovery guidance is general education. Consult a qualified professional before making dietary changes or taking supplements, and for any medical condition.
- ASSUMPTION OF RISK AND RELEASE:** ATHLETIC TRAINING, SPRINTING, AND STRENGTH TRAINING CARRY INHERENT RISK OF INJURY, INCLUDING SERIOUS INJURY. YOU VOLUNTARILY ASSUME THESE RISKS. TO THE FULLEST EXTENT ALLOWED BY LAW, YOU RELEASE CAB TRAINING LLC, ITS OWNERS, COACHES, AND CONTRACTORS FROM CLAIMS ARISING FROM PARTICIPATION IN THE PROGRAM, EXCEPT CLAIMS CAUSED BY CAB'S GROSS NEGLIGENCE OR WILLFUL MISCONDUCT.

8. NO GUARANTEE OF SPECIFIC RESULTS

Results depend on effort, consistency, testing conditions, growth, sleep, nutrition, and other factors outside CAB's control. Apart from the refund in Section 3, CAB does not guarantee any specific speed, strength, performance, roster, recruiting, or scholarship outcome.

9. PROGRAM MATERIALS

All programs, videos, modules, and materials are owned by CAB Training LLC and licensed to you for personal use by the enrolled athlete only. You may not share, resell, post, or distribute them, or share your

app login.

10. DATA, RESULTS & MEDIA

1. CAB collects intake information, training history, and BreakAway results to deliver the Program. CAB does not sell personal information.
2. CAB may use anonymized results (with no name or identifying details) in marketing and research.
3. CAB will use the athlete's name, image, video, or identifiable results in marketing only with separate written permission from the athlete, or from the Parent if the athlete is under 18.

11. COMMUNICATION & CONDUCT

You agree to communicate respectfully with CAB staff, including Coach Jacob and CAB's enrollment team. For athletes under 18, the Parent may be included in or view communications on request.

12. LIMITATION OF LIABILITY

TO THE FULLEST EXTENT ALLOWED BY LAW, CAB'S TOTAL LIABILITY FOR ANY CLAIM RELATED TO THE PROGRAM IS LIMITED TO THE AMOUNT YOU PAID FOR THE PROGRAM. CAB IS NOT LIABLE FOR INDIRECT, INCIDENTAL, OR CONSEQUENTIAL DAMAGES.

13. GENERAL

1. These Terms are governed by the laws of the State of Arizona. Any dispute will be handled in the state or federal courts located in Maricopa County, Arizona.
2. If any part of these Terms is found unenforceable, the rest remains in effect.
3. CAB may update these Terms for future enrollments. The Terms in effect when you enroll apply to your Program term.
4. These Terms, together with your enrollment confirmation, are the entire agreement between you and CAB about the Program.

ACKNOWLEDGMENT

By signing, or by checking the agreement box at checkout, you confirm you have read and agree to these Terms, including the payment commitment (Section 2), guarantee conditions (Section 3), and assumption of risk and release (Section 7).

Athlete name

Date

Parent/guardian name (if athlete is under 18)

Payment option selected

Signature (athlete, or parent/guardian if under 18)