

Terms and Conditions

By purchasing “Ultimate Fitness Solution” from Newstage Personal Training, you hereby agree to the following terms and conditions:

Disclaimer and Liability:

1. You are urged and advised to seek the advice of a physician before beginning any weight loss effort or exercise regimen. This Website is intended for use only by healthy adult individuals. Never disregard professional medical advice or delay in seeking it because of something you have read on this website.
2. You are enrolling in a physical activity and/or nutrition program that may include, but is not limited to: aerobic exercise, weight training and following a nutrition plan. You hereby affirm that you are in good physical condition and do not suffer from any disability that would prevent or limit your participation in this exercise and/or nutrition program. You will accurately complete the personal health history form presented to you by Ultimate Fitness Solution and will provide correct responses to the questions as indicated on the history form. You understand that it is important that you provide complete and accurate responses and recognise that failure to do so could lead to possible unnecessary injury to yourself during the course of this program.
2. If you suffer from high blood pressure or any other illness that Newstage Personal Training identifies as a high risk, you will be asked to provide full medical clearance stating that you are fit and well to participate in both resistance training and cardiovascular training by your health professional. Failure to provide this documentation may exclude you from participation in the program. Newstage Personal Training may deem a statutory declaration as sufficient in place of a medical clearance if requested.
3. You have been informed that the information obtained by Newstage Personal Training will be treated as privileged and confidential and will not be released or revealed to any person without your express written consent.
4. In consideration of your participation in this exercise and/or nutrition program, for yourself, your heirs and assigns, by agreeing to these terms and conditions, you hereby release Newstage Personal Training and its employees or contractors, from any claims, demands and causes of action arising from your participation in the exercise and/or nutrition program designed especially for you, given your current exercise condition and abilities.
5. You understand that any form of exercise can (however remote the possibility seems) result in occurrences such as injury, impairment, disability, disfigurement, and even death. It is your responsibility to ask any questions you may have regarding the exercise and/or nutrition program designed for you. You fully understand that injuries can and sometimes do happen as a result of participation in some exercise programs and you hereby release Newstage Personal Training and its employees or contractors from any liability now or in the future including but not limited to: heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, shoulder injuries, and any other illness, soreness, or injury, however caused, occurring during or after your participation in the exercise and/or nutrition program.

Your responsibilities:

1. You are responsible for providing feedback/progress updates in a timely manner as per the **Program Guidelines – see below** (if applicable).

2. You will commit to following the exercise and/or nutrition program/s to the best of your ability.
3. If you are paying via instalment (via credit card only), you agree to allow the scheduled instalment/s to be automatically deducted from your credit card on the due date/s.
4. **Media release:** Upon request Newstage Personal Training may ask for before/after photos in-which you have the right to decline. Given your acceptance in providing Newstage Personal Training with said photos, in agreeing to the terms and conditions, Newstage Personal Training may use these photos for promotional purposes.

Responsibilities Newstage Personal Training:

1. Once payment is received, Newstage Personal Training will provide you with your login details to your personal interactive account on Ultimate fitness solution.
2. Newstage Personal Training will endeavour to respond to all emails within a 48 hour period and provide appropriate answers, information and guidance to you with regards to your program.

Program Guidelines:

Your personal account on Ultimate Fitness Solution will last for a 1 year period

1. Official start date for Ultimate Fitness Solution will commence once Newstage Personal Training has successfully receive your payment in which you will receive an email including your login details usually within 48 hours. Your account will be active for 365 consecutive days after Newstage Personal Training sends your login details.
2. If you have chosen to pay via instalments, payments will be automatically deducted once per week on the same day as your initial payment until all payments are made. (currently not available)
3. **PROGRAM UPDATES:** With the ever-changing release new information and studies into health and fitness, Ultimate fitness solution may change minor and major structures of the information provided (with the possibility of a complete website change and loss of old information). In the case, your account will be upgraded with no additional charges and without warning.
4. You will receive valuable motivational tips, articles and advice emailed to you throughout your program to keep you focused and inspired.
5. We have a very active Member Forum where you can ask questions, exchange ideas, receive support and encouragement, and chat with other members.
6. We have an extensive Library full of informative articles ranging from training and nutrition information, Goal Setting exercises, to inspirational and motivational articles.
7. It's important to enjoy the process! Treat it as a challenge – look upon every obstacle you encounter as an opportunity to succeed, to overcome, and be true to yourself – you will find this is a very rewarding and empowering feeling.

If you have any questions or concerns regarding any of the terms and conditions above, please do not hesitate to email us at ufs@newstagept.com.au

Ultimate Fitness Solution: “Revolutionizing your fitness success”

My dedicated team and I look forward to working with you and helping you achieve great success!