



# Terms and Conditions

**Last Updated - 26/02/2025**

Welcome to Stoic Strength With Ollie! By accessing or using our services, you agree to comply with the following terms and conditions. Please read them carefully. If you do not agree to these terms, you should refrain from using our services.

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## 1. General Information

- These terms and conditions apply to all users of our services, including the website, personalized workout plans, and community features.
  - Stoic Strength With Ollie reserves the right to update or modify these terms at any time without prior notice. Continued use of our services constitutes acceptance of the updated terms.
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## 2. Services Provided

- We provide personalized workout plans, access to a Stoic-focused fitness community, and related resources.
  - All services are intended for individuals aged 18 or older unless explicitly stated otherwise.
  - Our services are for informational and educational purposes and do not constitute medical advice.
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## 3. User Responsibilities

- Users must provide accurate and complete information during the onboarding process to receive effective and tailored plans.
  - Users are responsible for consulting a qualified healthcare professional before starting any new fitness program, especially if they have pre-existing conditions.
  - Users must comply with all local laws and regulations when accessing and using our services.
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## 4. Payments and Subscriptions

- Payment must be made in full before the delivery of personalized workout plans.



- Subscription-based services are billed on a recurring basis. Users can cancel their subscriptions at any time, but refunds will not be issued for partial periods.
  - Users are responsible for keeping their payment information up to date.
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## 5. Refund Policy

Refunds are considered under the following conditions:

- **Personalized Workout Plans** – Due to the nature of custom fitness programs, refunds will only be granted if you request a cancellation **within 24 hours of purchase** and have not yet received your plan.
- **Membership Subscriptions** – Refunds for subscriptions (such as access to the Stoic Strength Society) are **not available** once payment has been processed, but you may cancel at any time to prevent future charges.
- **Technical Issues** – If you experience technical difficulties preventing access to your plan or membership, and we are unable to resolve the issue within a reasonable time frame, a refund may be issued.

Non-refundable items

- Once a **personalized workout plan** has been delivered, refunds will not be issued.
- **Missed coaching sessions** or failure to utilize the plan does not qualify for a refund.
- **Partial refunds** are not provided for unused time on a membership.
- Subscription cancellations will not result in prorated refunds for the remaining period.

How to Request a Refund

To request a refund, please follow these steps:

1. **Email us** at [ollie@stoicstrengthwithollie.com](mailto:ollie@stoicstrengthwithollie.com) with your order details and reason for the refund request.
2. Our team will review your request within **3-5 business days** and respond with a decision.
3. If approved, refunds will be processed via the original payment method and may take **5-10 business days** to reflect in your account.

Cancellations & Modifications

- You can cancel your subscription at any time through your account settings, and access will continue until the end of the current billing cycle. To ensure the cancellation is reflected, please cancel at least 7 days before the next billing cycle.
- If you need modifications to your plan, contact us within **7 days** of receiving it, and we will make adjustments where possible.



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## **6. Limitation of Liability**

- Stoic Strength With Ollie is not responsible for any injuries, health complications, or adverse effects resulting from the use of our services.
- Users assume all risks associated with the execution of workout plans and participation in community activities.
- Stoic Strength With Ollie disclaims all liability for damages arising from the improper use of our services or failure to follow professional advice.
- Stoic Strength With Ollie is not a medical expert, practitioner or healthcare provider and does not claim to be.

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## **7. Intellectual Property**

- All content provided by Stoic Strength With Ollie, including workout plans, articles, and community resources, is the intellectual property of Stoic Strength With Ollie.
- Users may not reproduce, distribute, or share content without explicit written permission.

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## **8. Privacy Policy**

- Your personal information will be collected, stored, and processed in accordance with our Privacy Policy.
- We will not share your information with third parties without your consent, except as required by the law of England and Wales.

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## **9. Termination**

- Stoic Strength With Ollie reserves the right to terminate access to our services for any user when deemed necessary.
- Termination will not entitle users to refunds for remaining subscription periods.

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## **10. Governing Law**



- These terms and conditions are governed by the laws of England and Wales. Any disputes arising will be resolved exclusively in the courts and tribunals of England and Wales.
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## **11. Contact Information**

- For any questions or concerns about these terms and conditions, please contact us at:
    - Email: [ollie@stoicstrengthwithollie.com](mailto:ollie@stoicstrengthwithollie.com)
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## **12. Changes to This Policy**

- We reserve the right to update these terms and conditions at any time. Any changes will be reflected on this page with the updated date.
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By using our services, you acknowledge that you have read, understood, and agreed to these terms and conditions.