

Policies

Challenge Gym cannot guarantee any result as the instructors aren't there with you to ensure you are giving your routine maximum effort.

Challenge Gym will provide a video demonstration of the exercise for you to follow but the performance accuracy is in your control.

You may contact your instructor via WhatsApp or email in case you have any questions.

If you don't understand a video or the demonstration wasn't clear contact your instructor and he/she will sort it out.

Challenge Gym assures you that we will focus on a routine that suits your goals, limitations and body type. Our mission is to help you achieve your fitness, Muay Thai or Kickboxing goals. We aim to get you from where you are to where you wish to be as fast and safe as possible.

All routines are written by a qualified and experienced instructor employed by Challenge Gym whose reputation for results is at the highest.

Any problems with your experience please contact administration at <https://www.challengegym.org/contact>

Results

Even though this routine is written to grant you results, you are responsible to perform the exercises accurately as in the demonstration videos and to complete it in the timeline provided. You are responsible for following the advice and dietary strategies provided, if any. Challenge Gym will NOT be held responsible if results are not gained.

Injuries and muscle pain

You are responsible for performing the exercises as demonstrated in the videos so as to avoid injuries. You are responsible for informing the instructor if you have sustained injuries from the workout or otherwise. If you are an annual subscriber a supplementary routine would be written to work around your injury so you can still

achieve your goal. If you are a per routine client, adjustments will be given on the same routine or you may choose to pay for another routine where another assessment will be done.

Expect to experience muscle pain and discomfort as this is part of the process. However, you are responsible for informing your instructor about any pain and discomfort and seeking his/her advice.

Pictures and video transfer

Due to the online nature of Challenge Online gym, you will have to send videos and pictures where necessary to demonstrate your progress, and performance of the exercises. Some of the pictures and videos will be used as before and after proof.

Challenge Gym will **NOT** share your pictures and or videos. Unless you permit Challenge Gym to do so.

Payment policy

Prices will change with time.

Each routine you buy is yours and will be on the Challenge Gym website. A page on the Challenge Gym website will be dedicated to you where all your routines will be stored. Even Though there is a timeline to complete a routine, the routine is yours and will not expire or be retracted by Challenge Gym.

Payments must be made before receiving the routine but after it is written. All sales are final and there is no refund even if you DO NOT use the service.