

The Program Terms and Agreements

What is “The Program”?

The program is a 10-month subscription that will help you reach your fitness goals by offering you workouts that help you lose weight and build muscle. The Program was created for people who:

- Don't have time for the gym
- Intimidated by the gym
- Need an affordable personal trainer
- Needs extra motivation

With this program you will not only get in shape, but you will see the results you've always wanted. Just follow us and we will lead the way.

What The Program Offers

“The Program” offers The Total Resistance at a discounted price of \$65 plus shipping with a subscription fee of \$10.99 per month. With this subscription you will receive monthly workouts and weekly updates. Our meal guide and tips will also be included to keep you motivated on your fitness journey. Each workout will be a mixture of Power, Cardio, and Core. This program is set to see you all the way through to your goals. This online training program has been proven to work and is now available for you.

Workout Accessibility

All you will need is a mobile device, computer and/or smart TV. You will be given an access code that will allow you to access The Program through our website at www.thetotalresistance.com.

Incentives

Staying motivated to workout isn't always easy to do. We will have monthly incentives to keep you on track:

- Free month of training
- T-Shirts
- Gift Cards
- Other

All you will have to do is follow the workouts and stay on track. We will be able to monitor your activity through the site and you will be rewarded for your hard work.

Subscription Cancellation

You will always have the option to unsubscribe or cancel your subscription to The Program. By canceling your subscription sooner than the 10month term agreement, you will be charged a cancellation fee of the prorated balance of the Total Resistance plus

training fees. If you cancel after 10 months there will be no fees if cancelation starts before the upcoming month starts. If canceled after the 1st of the month, you will be charged the subscriptions monthly dues. The Program is an automatic renewal program. If you reach your goals and no longer need or want our assistance then email us your cancelation request to info@thetotalresistance.com.