



Terms & Conditions

1. Introduction

Welcome to Kiip.fit (“Kiip”, “we”, “our”, “us”).

These Terms & Conditions (“Terms”) govern your access to and use of the Kiip.fit platform, website, mobile app, and related services (collectively, the “Platform”).

By creating an account or using the Platform, you agree to be bound by these Terms.

Users include:

- “Coaches” — individuals or organizations that create training programs and manage athletes.
- “Athletes” — individuals who receive training plans from Coaches or from Kiip.fit.

If you do not agree to these Terms, do not use the Platform.

2. What Kiip.fit Provides

Kiip.fit is a digital platform that facilitates training experiences delivered by Coaches and/or provided by Kiip.fit through machine-learning.

Kiip.fit offers two types of training content:

A. Coach-Created Training Plans

The Platform enables Coaches to:

- Upload, manage, and deliver their own training plans
- Manage unlimited Athletes
- Communicate directly with Athletes
- Collect recurring payments
- Track Athlete progress through third-party integrations (e.g., Apple Health, Garmin, Strava)

Athletes engaging with a Coach can:



- View and follow their Coach's training plan
- Sync workout data from wearables
- Communicate with their Coach
- Pay their Coach through the Platform

Coaches are solely responsible for the accuracy, safety, and appropriateness of the training plans they provide.

B. Kiip.fit AI-Generated Training Plans

For Athletes who do not work with a Coach, Kiip.fit may offer:

- Automated training plans generated by machine-learning models
- Beginner programs
- General fitness and running plans
- Event-specific plans (e.g., marathon, half marathon)
- Adaptive suggestions based on user inputs

These plans are general guidance only, not individualized health or medical advice.

Important Legal Disclaimer

Kiip.fit does not provide medical, diagnostic, or therapeutic advice.

All training content—whether created by Coaches or generated by Kiip.fit's machine-learning systems—is for informational and educational purposes only.

Users should consult a healthcare professional before starting any training program.

3. Accounts & Eligibility

To use the Platform:

- You must be at least 18 years old.
- You must provide accurate registration information.
- You are responsible for maintaining the confidentiality of your account and password.

Kiip.fit may suspend or terminate accounts that violate these Terms.

4. Coach Subscriptions & Fees

Coaches pay a flat monthly subscription fee (for example, \$100/month) that includes:

- Unlimited Athletes
- Unlimited training plan uploads



- Access to communication tools
- Built-in payment processing
- Dashboard and performance analytics
- Access to AI-powered tools as made available

Subscription fees are non-refundable, unless required by applicable law.

Kiip.fit may update pricing with prior notice.

5. Athlete Payments

Athletes pay their Coach directly through Kiip.fit (e.g., \$40/month or as set by the Coach).

Kiip.fit:

- Processes payments via third-party providers (e.g., Stripe, Adyen)
- Collects a small processing fee per transaction
- Transfers the remaining amount to the Coach

By using the Platform, you agree to the terms and fees of our payment processors.

6. Wearable & Third-Party Integrations

Athletes may connect third-party services such as:

- Apple Health / Apple Watch
- Garmin
- Strava
- Fitbit

By connecting these services, you authorize Kiip.fit to access the permitted data for:

- Training plan display
- Performance dashboards
- Training personalization (AI or Coach use)

Kiip.fit is not responsible for:

- Third-party outages
- Data syncing issues
- Device inaccuracies

You may disconnect integrations at any time.

7. Data Collection & Use



Kiip.fit collects the following types of data:

- Registration and profile information
- Training plans created by Coaches
- Workout data and progress metrics
- Wearable device data (if connected)
- Payment and transaction data
- Messages between Coaches and Athletes
- Usage and activity logs

All data use is explained in our Privacy Policy (separate document).

8. Machine Learning & AI Data Use

To improve Kiip.fit's functionality and create automated training plans, we may use aggregated, anonymized, or pseudonymized user data to:

- Train machine-learning models
- Improve AI-generated training plans
- Enhance performance analytics
- Develop new features

We WILL NOT:

- Sell personal data
- Include identifiable user information in ML models
- Share your personally identifiable data without consent

By using Kiip.fit, you give consent for your data to be used—in anonymized form—for machine learning and product improvement.

If you do not consent, you must request account deletion.

9. Intellectual Property

Coaches retain ownership of:

- Training plans they create
- Any content they upload

Kiip.fit retains ownership of:

- The Platform and all software
- AI/ML models and outputs
- Branding, trademarks, UI/UX
- Anonymized data sets used for ML development



Coaches grant Kiip.fit a license to store, process, and deliver their training plans to Athletes.

10. Acceptable Use

You agree not to:

- Use the Platform for illegal purposes
- Upload inappropriate or unauthorized content
- Harass or abuse other users
- Interfere with the Platform's operation
- Attempt to reverse-engineer the Platform
- Misuse payment systems or commit fraud

Violation of this section may result in account suspension or termination.

11. Health & Safety Notice

All training content—whether from a Coach or generated by AI—is general fitness guidance.

Kiip.fit is not responsible for injuries, accidents, or adverse health events that occur during training.

Always consult a doctor before engaging in physical activity.

12. Limitation of Liability

To the maximum extent allowed by law, Kiip.fit is not liable for:

- Injury or damages resulting from training
- Advice or content provided by Coaches
- Payment disputes
- Data inaccuracies from wearables
- Technical issues, outages, or data loss
- Indirect, incidental, or consequential damages

Kiip.fit's total liability will not exceed the subscription fees paid in the last 12 months.

13. Termination

You may close your account at any time.

Kiip.fit may suspend or terminate accounts that:

- Violate these Terms
- Abuse the Platform
- Commit fraud



- Create legal or security risks

Upon termination, access ends immediately.

Data handling is governed by our Privacy Policy.

14. Governing Law

These Terms are governed by the laws of the State of Delaware, USA, except where local consumer protections apply differently.

15. Changes to These Terms

We may update these Terms from time to time.

Material changes will be communicated through the Platform.

Continued use after changes means you accept the updated Terms.

16. Contact Information

For questions, concerns, or support:

 support@kiip.fit