

Disclaimer for Training Plans

MyProCoach, Phil Mosley and all our coaches (hereafter referred to as “MyProCoach”) will not be held responsible in any way for the information that you request or receive through our training plans and services.

In no event will we be liable to any party for any direct, indirect, special, incidental, equitable or consequential damages for any use of, or reliance on this training plan or via email support, including, without limitation, any lost profits, personal or business interruptions, personal injuries, accidents, misapplication of information or any other loss, malady, disease or difficulty, or otherwise, even if we are expressly advised of the possibility of such damages or difficulties. This plan and associated coaching services are designed for adults who are 18 or over. If you're under 18, we recommend you seek a local, 1 to 1 coach instead.

Reference or links in this training plan to any other business or entity's information, opinions, advice, programs, services, or products do not constitute our endorsement or recommendation. We are not responsible for the contents of any off-site web pages, companies or persons linked or referenced within.

Medical Disclaimer

MyProCoach strongly recommends that you consult with your physician before beginning your training plan. You should be in good physical condition to commence training. MyProCoach is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or training plan, there is the possibility of physical injury. You agree to follow this training plan at your own risk, are voluntarily participating in the workouts, assume all risk of injury to yourself, and agree to release and discharge MyProCoach from any and all claims or causes of action, known or unknown, arising out of MyProCoach.

MyProCoach is not responsible or liable for any advice, or any other information, services or products that you obtain via online coach support. You are encouraged to consult with your doctor with regard medical conditions.

Personal Disclaimer

The information contained in our training plans, website social media posts and helpdesk is for training and informational purposes only. While we draw on our prior professional expertise and background, you acknowledge that we are supporting you in our roles exclusively as coaches only.

We are not medical health practitioners or mental health providers and we are not holding ourselves out to be in any capacity. Rather, we serve as coaches, mentors and guides who help you reach your own performance goals.

You acknowledge that you take full responsibility for your health, life and well-being, as well as the health, lives and well-being of your family and children (born and unborn, as applicable), and all decisions now or in the future.

Our goal is to provide accurate, published training plans and supporting articles; however, the information may inadvertently contain inaccuracies or typographical errors.

Every effort has been made to present you with the most accurate, up-to-date information, but because the nature of the sport and fitness industry, research is constantly evolving, we cannot be held responsible for the accuracy of our content.

Result Disclaimer

We make every effort to ensure that we accurately represent MyProCoach training plans and their potential for results. We cannot guarantee your future results and/or success, and you accept the risk that results will differ for each individual.

As with any training plan, your results will vary, and will be based on many variables, including but not limited to, your individual capacity, experience, unique health and genetic profile, starting point, expertise, and level of commitment.