

Terms of Service

Last updated: 3 September 2025

1) Overview

These Terms govern your use of PelvicWorkout. By using the App, you agree to these Terms and to the Privacy Policy.

2) Health disclaimer

PelvicWorkout provides **fitness/education content** only. It is **not medical advice**. Consult a qualified clinician before starting pelvic floor training, particularly if pregnant, postpartum, have pelvic pain, incontinence, prolapse, or recent surgery. Use at your own risk.

3) Eligibility

You must be **16+** and legally capable of entering a contract.

4) Account & subscription

Premium features require an **auto-renewable subscription** via Apple. Details appear on the paywall and in the **Subscription Terms**.

5) Third-party services

We rely on reputable processors (e.g., **Adapty**, **Firebase**, **Meta/Facebook** for campaign attribution). They act under our instructions and cannot use your data for their own advertising when obtained via our implementation. See the Privacy Policy for details.

6) License

We grant a personal, non-exclusive, non-transferable, revocable license to use the App on Apple-branded devices per Apple's Standard EULA.

7) Acceptable use

No reverse engineering, scraping, or attempts to access others' data; no uploading harmful code; no circumvention of paywalls or in-app purchases.

8) User content

You retain rights to content you provide (e.g., notes). You grant us a limited license to process it solely to provide App functionality.

9) Termination

You may cancel your subscription at any time in iOS settings and delete your data. We may suspend or terminate access for violations or discontinue features with notice where required.

10) Disclaimers & liability

The App is provided “as is.” To the maximum extent allowed by law, we exclude implied warranties and limit liability to foreseeable losses typical for this type of contract. Nothing limits liability for intent/gross negligence or for injury to life, body, or health.

11) Apple terms

Apple is a third-party beneficiary and may enforce these Terms. Apple has no obligation to provide maintenance or support.

12) Governing law

For consumers in the EU/EEA, mandatory consumer protections of your residence country apply. Otherwise, German law governs and Berlin courts have jurisdiction.

13) Contact & Imprint

Provider: **Ihor Vashchenko**
Address: **Berlin, Germany**
Email: **admin@appstechai.top**
(Full **Impressum** on appstechai.top)