

DISCLAIMER GUIDE

By purchasing a subscription

You acknowledge that you have read, fully understand, and agree to the terms and conditions outlined in this document.

Subscriber Access

- All LIVE ZOOM workouts
 - 5 AM or 5:30 AM CST | 45-50 minutes | Monday - Friday
- LIVE workouts are recorded and posted to the website for you to replay for 7 days after the initial recorded date
- Exclusive access to an "On-Demand" Library of specialty workouts on the website
 - Optional 30-50 minute workouts designed to keep you consistent all week!

What makes it different?

Progressive weekly programming designed in 6-week BLOCKS:

- BUILD: progressive overload, heavier lifts, repeated movements patterns
- STABILITY: deep core, anti-rotation, balance, control your strength
- CAPACITY: longer sets, challenging full body intervals, building your engine
- PERFORMANCE: strength/power/conditioning hybrid of all 3 blocks

Why 6-week BLOCKS?

- Long enough to see progress
- Short enough to stay exciting
- Prevents plateaus
- Keep your body adapting
- Workouts feel fresh

New BLOCK calendar posted to the website every 6-weeks!

Coaching - without the chaos

- Form cues, pacing, & modifications for your fitness level
- A trainer, in your living room
- No BS, we work hard, and we move on with our day!

You'll love the momentum - it's a vibe

- Once you start, you won't want to stop
- Each workout will reveal your weakness and your strength
- Just watch what happens when you show up for yourself

How do I access the workouts?

Download the ZOOM app on your device for easy access. You do not need to purchase a subscription to this app.

The link to the LIVE ZOOM workout is available in your membership area on the website.

LIVE sessions are recorded and uploaded to the On Demand Library on your account, which will provide you with 7-day access to that workout.

Private Member Access

LIVE and recorded workouts are for active M Method Fitness members only.

Sharing the links/access or publicly posting the workouts is strictly prohibited. Link access is monitored daily.

Unauthorized access will result in immediate membership termination without refund for unused time, and a charge of one month's membership fee per non-member access to the card on file.

Program content, workouts, and materials are the intellectual property of M Method Fitness and may not be copied, shared, or redistributed without permission.

READ CAREFULLY

Music Disclaimer

I do not claim ownership or rights to any songs played during LIVE or recorded workouts

A variety of music genres and styles will be played to keep energy high and the experience fun! The music is played for entertainment and motivation purposes only. Please note that songs may contain explicit language or profanity. This is not intended to offend, target, or discriminate against anyone.

Can you cancel anytime?

All subscription purchases are final

When you sign up for a monthly, 3-month, 6-month, or 12-month subscription, you are committing to the full length of that subscription term.

- Discount rates are applied to long-term commitments
- Subscriptions are reoccurring unless you select to cancel before your next payment is withdrawn
- No early cancellations or refunds are allowed, even if you stop participating in the program

There are no early cancellations and no partial refunds for unused time

Your subscription will remain active until the end of your subscription term.

Results Guarantee

Individual results will vary

Your progress depends on many factors, including consistency, effort, health history, nutrition, sleep, and adherence to the program.

While this program provides high-quality coaching, structured workouts, and guidance, specific results such as weight loss, muscle gain, performance changes, or aesthetic outcomes cannot be guaranteed.

Following the program consistently and combining it with appropriate nutrition, recovery, and lifestyle habits maximize your potential results.

By joining, you acknowledge that your effort and consistency play the biggest role in your results & M Method Fitness does not guarantee specific results.

Medical Disclaimer

Your health & safety come first

Before beginning The M Method Fitness program, you should consult with your medical doctor to be cleared to exercise - especially if you have any pre-existing health conditions, injuries, or concerns. This ensures you're starting from a safe, strong foundation.

- By participating, you affirm that you are in good physical condition and have been cleared to exercise by your medical doctor

You agree that you are participating at your own risk. You acknowledge that:

- You are voluntarily participating in physical activity
- You assume full responsibility for any risks, injuries, or damages
- You agree to listen to your body and modify or stop as needed
- You are responsible for maintaining a safe workout environment
- You are responsible for ensuring your workout equipment is safe, properly maintained, and appropriate for the exercises performed

You also agree that M Method Fitness or the owner of is not responsible or liable for any injury, loss, or damages incurred as a result of participating in workouts, following advice, or using any information provided through programs, social media, emails, or digital platforms.

By participating in any program offered by M Method Fitness, you agree to release, waive, and hold harmless M Method Fitness, its owner, employees, contractors, and affiliates from any and all liability, claims, demands, or causes of action arising out of or related to participating in workouts, challenges, nutrition guidance/recommendations, and any other business affiliated activities.

If you experience pain, dizziness, shortness of breath, or any unusual symptoms, stop exercising immediately and seek medical attention.

SUBSCRIPTION PLANS

First Week Free

In order to take advantage of the **Free Week Trial**, you must message me via the website or email me with your interest & start date.

- Links to the workouts will be emailed to you during this period
- You will have access to all LIVE workouts & the ability to replay the recorded version for 7 days after the initial recorded date
- You do not get access to the website during your free week

If you are interested in purchasing a subscription after your Free Trial, please do so via the website.

The free trial is limited to one use per member (household). Any misuse of free trials may result in penalties or membership restrictions.

Monthly

\$42

One Month. All-In.

Commit 1 month and hit every workout with intensity and purpose. Your strongest self starts with one month of showing up. You won't want to stop after this!

3-Month

\$120

3 Months. Let's Get to Work!

Three months is perfect for seeing real progress without a long-term commitment.

- 3-months paid upfront (save 4.8%)

6-Month

\$230

6 Months. One Goal: Become Unstoppable.

Commit to 6 months of structured, progressive workouts where we lift heavy, push hard, and progress week after week.

- 6-months paid upfront (save 8.7%)

12-Month

\$432

12 Months. Zero Excuses. Endless Strength.

A full year of guided workouts that follow strategic phases so you can build muscle, increase strength, and stay consistent - no matter how busy life gets.

- 12-months paid upfront (save 14.3%)

Billing & Commitment

Sales tax is not included in the pricing displayed.

Subscriptions are automatically renewed.

You must cancel your subscription before the end of your commitment period if you do not want to renew.

Subscriptions are paid in full at checkout, no partial payments are accepted.

Your subscription begins on the date of payment.

No early cancellations, pauses or refunds are available under any circumstance. Even if you stop participating in the program.

HOME GYM GUIDE

Create a space that makes exercising at home simple, powerful, and consistent.

The Essentials

#1 DUMBBELLS

Add heavier weights as you become stronger.

Light (5-10 lbs)
Medium (10-15 lbs)
Heavy (15-20 lbs)

#2 JUMP/YOGA MAT & YOGA BLOCK

A yoga mat will help protect bony areas, particularly during kneeling and supine exercises. Yoga blocks are used during moves where we may elevate a foot or hand off the floor.

#3 BOOTY BANDS

Light, medium, & heavy

Mini loop band to wear around legs during glute based exercises. We will also use these during other strength based moves. I recommend a wide width band.

#4 BENCH/CHAIR OR JUMP BOX

Utilized for a series of upper & lower body moves. A bench can work as a jump box, but needs to be heavy duty & sturdy.

The Build-Out

#5 KETTLEBELL/SLAM BALL

10 - 20lbs

Used for a series of upper & lower body moves. Not necessary, can always use dumbbells instead. Slam ball will not be used during LIVE sessions, but will be used on some specialty workouts.

#6 STABILITY BALL

Will not be used during the live sessions, but will be used on some specialty workouts. Great to add challenge to core and upper body movements.

#7 MIRROR

Great for you to monitor your form during movement.

I understand that equipment is expensive! If you are not able to purchase some of the listed equipment, you WILL still be able to modify exercises and participate in the program! Building a home workout space takes time!

“The Essentials” are the only pieces of equipment that you will need for the LIVE sessions.

“The Build Out” pieces of equipment are optional & could be used during some of the specialty recorded workouts.