

Terms and Conditions

Elevate Fitness LLC Last Updated: August 9, 2026

1. Agreement to Terms

By accessing or using the website located at trainhardlivelean.com ("Site"), purchasing any products or programs, or engaging with any services offered by Elevate Fitness LLC ("Company," "we," "us," or "our"), you agree to be bound by these Terms and Conditions ("Terms"). If you do not agree to these Terms, please do not use the Site or purchase any products or services.

2. Company Information

Elevate Fitness LLC State of Registration: Michigan Website: trainhardlivelean.com Contact: coachjes@trainhardlivelean.com

3. Products and Services

Elevate Fitness LLC offers online fitness coaching programs, digital downloadable guides, nutrition assessments, online membership programs, and related educational content (collectively "Products and Services"). All Products and Services are intended for informational and educational purposes only.

4. Health and Medical Disclaimer

Please read this section carefully.

The information, programs, guides and content provided by Elevate Fitness LLC are for educational and informational purposes only and are not intended as medical advice. Nothing contained on this Site or within any product or program should be construed as medical advice, diagnosis, treatment or a substitute for professional medical care.

Before beginning any fitness, nutrition or wellness program you should:

- Consult with your physician or a qualified healthcare provider
- Disclose any pre-existing medical conditions, injuries or health concerns
- Obtain medical clearance if you are pregnant, nursing, or have been recently ill or injured

By purchasing or participating in any Elevate Fitness LLC program, you acknowledge that you are voluntarily participating in physical fitness activities and that you assume all risks associated with such participation. Elevate Fitness LLC, its owner, coaches, employees and affiliates shall not be held liable for any injury, illness, damage or loss arising from your participation in any program or use of any content provided.

5. Not a Medical Provider

Coach Jes and Elevate Fitness LLC are not licensed medical doctors, registered dietitians, or mental health professionals. The coaching, nutrition guidance and fitness programming provided are based on education, training and coaching experience and are not a substitute for professional medical, nutritional or psychological care.

6. Digital Products and Downloads

Upon purchase of any digital product including but not limited to guides, audits, assessments and online courses, you will receive access to the purchased content as described at the time of purchase. All digital products are delivered electronically.

Due to the digital nature of these products, all sales are final and no refunds will be issued on digital downloads once access has been granted, except as outlined in Section 9 (Refund Policy).

7. Online Programs and Memberships

Access to online programs and membership content is granted upon receipt of full payment. Membership access is non-transferable and may not be shared with any third party. Elevate Fitness LLC reserves the right to terminate membership access at any time for violation of these Terms without refund.

Membership programs may be cancelled at any time. Cancellation takes effect at the end of the current billing period. No partial refunds will be issued for unused portions of a membership period.

8. Intellectual Property

All content on this Site and within any Product or Service — including but not limited to text, images, graphics, videos, program materials, guides, assessments, The Lean Code system and methodology — is the exclusive intellectual property of Elevate Fitness LLC and is protected by applicable copyright, trademark and intellectual property laws.

You may not reproduce, distribute, modify, create derivative works from, publicly display, or commercially exploit any content without the express written permission of Elevate Fitness LLC.

9. Refund Policy

Digital Products: All sales of digital products are final. No refunds will be issued once access or download has been granted.

28 Day Athlete Reset: A 7-day satisfaction guarantee is offered. If you complete the first week of the program and are not satisfied, you may request a full refund within 7 days of purchase by contacting coachjes@trainhardlivelean.com. Refund requests submitted after 7 days will not be honored.

Online Membership: Memberships may be cancelled at any time. No refunds will be issued for the current billing period.

Nutrition Assessments and Coaching Programs: Due to the personalized nature of these services, all sales are final once the assessment or coaching engagement has begun.

10. User Conduct

By using this Site and purchasing any Products or Services you agree to:

- Provide accurate and truthful information
 - Use all content for personal, non-commercial purposes only
 - Not share, distribute or resell any program materials or content
 - Not attempt to reverse engineer, copy or reproduce The Lean Code system or methodology
 - Conduct yourself respectfully within any community or membership platform
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11. Results Disclaimer

Results from any Elevate Fitness LLC program, guide or coaching service will vary based on individual effort, adherence, starting point, health status, lifestyle and other factors. Any testimonials or client success stories shared on this Site represent individual results and are not guarantees of similar outcomes. No specific results are promised or guaranteed.

12. Third Party Links

This Site may contain links to third party websites or services. Elevate Fitness LLC is not responsible for the content, privacy practices or terms of any third party site. The inclusion of any link does not imply endorsement by Elevate Fitness LLC.

13. Privacy Policy

Your use of this Site is also governed by our Privacy Policy, which is incorporated into these Terms by reference. Please review our Privacy Policy at trainhardlivelean.com/privacy-policy.

14. Limitation of Liability

To the maximum extent permitted by applicable law, Elevate Fitness LLC, its owner, employees, coaches and affiliates shall not be liable for any indirect, incidental, special, consequential or punitive damages arising from your use of the Site, any Product or Service, or any content provided, even if advised of the possibility of such damages.

In no event shall the total liability of Elevate Fitness LLC exceed the amount paid by you for the specific Product or Service giving rise to the claim.

15. Indemnification

You agree to indemnify, defend and hold harmless Elevate Fitness LLC, its owner, employees, coaches and affiliates from and against any claims, liabilities, damages, losses and expenses — including reasonable attorneys' fees — arising out of or in any way connected with your use of the Site, your violation of these Terms, or your participation in any program or service.

16. Governing Law

These Terms shall be governed by and construed in accordance with the laws of the State of Michigan, without regard to its conflict of law provisions. Any disputes arising under these Terms shall be subject to the exclusive jurisdiction of the courts located in Michigan.

17. Changes to These Terms

Elevate Fitness LLC reserves the right to modify these Terms at any time. Changes will be posted on this page with an updated effective date. Your continued use of the Site or purchase of any Products or Services after changes are posted constitutes your acceptance of the revised Terms.

18. Contact

For questions regarding these Terms and Conditions please contact:

Elevate Fitness LLC coachjes@trainhardlivelean.com trainhardlivelean.com

These Terms and Conditions were prepared for informational purposes and should be reviewed by a qualified attorney licensed in the State of Michigan before publication. This document does not constitute legal advice.