

Aligned Athlete Method Terms & Conditions

The Aligned Athlete Method — Authentic Physical Therapy & Performance, LLC | Effective Date: October 21, 2026

These Terms of Service ("Terms") govern your access to and use of The Aligned Athlete Method (the "Program"), including all associated videos, PDFs, written materials, and any related content (collectively, the "Content"), made available by Authentic Physical Therapy & Performance, LLC ("Company," "we," "us," or "our") through our hosting platform, Podia. By purchasing, accessing, or using the Program, you ("Client," "you," or "your") agree to be bound by these Terms. If you do not agree, do not purchase or access the Program.

1. Description of the Program

The Aligned Athlete Method is a 12-week self-guided digital fitness and performance program delivered via pre-recorded videos and downloadable PDF materials. The Program is educational and instructional in nature. It is not personalized one-on-one physical therapy, medical treatment, or a substitute for in-person clinical care.

2. Eligibility

You must be at least 18 years old to purchase the Program. By purchasing, you represent that you are of legal age and are physically able to participate in a self-directed exercise program, subject to the Health & Fitness Disclaimer provided separately.

3. Access & License

Upon purchase, you are granted a limited, non-exclusive, non-transferable, revocable license to access the Content for personal, non-commercial use only, for the duration specified at checkout or until access is revoked in accordance with these Terms.

- You may not share, resell, sublicense, distribute, or publicly post the Content in whole or in part.
- You may not download, screen-record, or reproduce videos for redistribution.
- Account credentials are for your use only and may not be shared with others.

We reserve the right to revoke access without refund if these restrictions are violated.

4. Payment

Program fees are due in full at the time of purchase unless a payment plan is explicitly offered at checkout. Payments are processed securely through Podia and its third-party payment processors. We do not directly store your full payment card information.

5. Refund Policy

Refunds are governed by our separate Refund Policy, which is incorporated into these Terms by reference and provided to you at or before purchase. Please review it before buying.

6. Health & Fitness Disclaimer

Your participation in the Program is subject to the Health & Fitness Disclaimer provided separately, which is incorporated into these Terms by reference. That disclaimer contains important information about assumption of risk, medical clearance, and the limits of the Company's liability.

7. Intellectual Property

All Content, including videos, PDFs, program design, branding, and the name "The Aligned Athlete Method," is the exclusive property of Authentic Physical Therapy & Performance, LLC and is protected by copyright and other intellectual property laws. No rights are transferred to you other than the limited license described above.

8. No Professional Relationship

Purchase or use of the Program does not create a physical therapist-patient relationship, a doctor-patient relationship, or any other clinical or professional relationship between you and Rachel or the Company, regardless of Rachel's professional licensure. The Program is offered strictly as general fitness and performance education.

9. User Conduct

You agree to use the Program lawfully and not to misuse, hack, reverse-engineer, or interfere with the platform or Content, or infringe on the rights of the Company or other users.

10. Disclaimer of Warranties

THE PROGRAM AND CONTENT ARE PROVIDED "AS IS" AND "AS AVAILABLE," WITHOUT WARRANTIES OF ANY KIND, WHETHER EXPRESS OR IMPLIED, INCLUDING WITHOUT LIMITATION WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, OR NON-INFRINGEMENT. WE DO NOT GUARANTEE ANY SPECIFIC RESULTS, PERFORMANCE OUTCOMES, OR ELIMINATION OF INJURY RISK.

11. Limitation of Liability

TO THE MAXIMUM EXTENT PERMITTED BY LAW, AUTHENTIC PHYSICAL THERAPY & PERFORMANCE, LLC, ITS OWNER, EMPLOYEES, AND CONTRACTORS SHALL NOT BE LIABLE FOR ANY INDIRECT, INCIDENTAL, SPECIAL, CONSEQUENTIAL, OR PUNITIVE DAMAGES, OR ANY LOSS OF PROFITS, ARISING OUT OF OR RELATED TO YOUR USE OF THE PROGRAM, EVEN IF ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. IN NO EVENT SHALL OUR TOTAL LIABILITY EXCEED THE AMOUNT YOU PAID FOR THE PROGRAM.

12. Indemnification

You agree to indemnify and hold harmless Authentic Physical Therapy & Performance, LLC and its owner, employees, and contractors from any claims, damages, losses, or expenses (including reasonable attorneys' fees) arising from your use of the Program, your violation of these Terms, or your violation of any rights of a third party.

13. Termination

We may suspend or terminate your access to the Program at any time for violation of these Terms, without refund, at our reasonable discretion.

14. Governing Law & Dispute Resolution

These Terms are governed by the laws of the State of Colorado, without regard to conflict-of-law principles. Any disputes arising from these Terms or the Program shall be resolved exclusively in the state or federal courts located in Colorado, and you consent to personal jurisdiction there.

15. Changes to These Terms

We may update these Terms from time to time. Material changes will be communicated via email or platform notice. Continued use of the Program after changes take effect constitutes acceptance of the revised Terms.

16. Contact

Questions about these Terms should be directed to: info@authenticathletept.com