Terms and Conditions

Effective Date: March 27, 2026

1. Introduction

Welcome to **TGT.gg** (the "Website", "Platform", or "TGT"), The Ultimate Gym Equipment Wiki.

TGT.gg is a comprehensive platform that provides educational resources to help users master every piece of gym equipment through expert trainer demonstrations, pro tips, detailed guides, an equipment database, personalized recommendations, and progress tracking tools.

These Terms and Conditions ("Terms") govern your access to and use of the Platform at https://www.tgt.gg/ and any related services. By accessing or using TGT.gg, you agree to be bound by these Terms. If you do not agree, please do not use the Platform.

2. Eligibility

You must be at least 18 years of age (or the age of majority in your jurisdiction) to use the Platform. By using TGT.gg, you represent and warrant that you meet this eligibility requirement and have the legal capacity to enter into these Terms.

3. User Accounts and Progress Tracking

- Some features, such as progress tracking and personalized equipment recommendations, may require you to create an account.
- You are responsible for keeping your account information accurate and your login credentials confidential.
- You agree to notify us immediately of any unauthorized use of your account.

4. Intellectual Property Rights

All content on TGT.gg, including but not limited to trainer demonstration videos, pro tips, guides, equipment database entries, text, images, logos, and any other materials ("TGT Content"), is owned by TGT or its licensors and is protected by copyright, trademark, and other intellectual property laws.

You are granted a limited, non-exclusive, non-transferable, revocable license to access and use the TGT Content solely for your personal, non-commercial fitness education and training purposes.

You may not:

- Copy, reproduce, distribute, modify, or create derivative works from any TGT Content.
- Use any content for commercial purposes without prior written permission.
- Scrape, crawl, or systematically extract data from the equipment database.

5. User-Generated Content

If you submit any content (such as comments, progress notes, feedback, or ratings), you grant TGT a worldwide, royalty-free, perpetual, irrevocable license to use, reproduce, modify, display, and distribute such content for the purpose of operating, promoting, and improving the Platform.

You remain solely responsible for your content and represent that it does not violate any laws or third-party rights.

6. Prohibited Activities

You agree not to:

- Use the Platform for any unlawful purpose.
- Interfere with or disrupt the Platform or its servers.
- Upload or transmit any viruses, malware, or harmful code.
- Attempt to gain unauthorized access to any portion of the Platform.
- Harass other users or post abusive content.
- Use the Platform in any way that could damage, disable, or impair its functionality.

7. Disclaimers – Important Fitness & Health Notice

TGT.gg is an **educational platform only**. The demonstrations, guides, pro tips, and recommendations are provided for informational purposes and are not a substitute for professional medical advice, diagnosis, or treatment.

- Always consult a qualified physician or certified fitness professional before beginning any new exercise program, especially if you have pre-existing medical conditions, injuries, or concerns.
- Proper exercise form and safety are ultimately your responsibility. Misuse of gym equipment can result in serious injury.
- We do not guarantee the accuracy, completeness, safety, or effectiveness of any content. Individual results vary.
- Progress tracking and personalized recommendations are tools for guidance only and do not constitute personalized training programs.

THE PLATFORM AND ALL CONTENT ARE PROVIDED ON AN “AS IS” AND “AS AVAILABLE” BASIS WITHOUT ANY WARRANTIES, EXPRESS OR IMPLIED.

8. Limitation of Liability

To the maximum extent permitted by law, TGT and its operators shall not be liable for any indirect, incidental, special, consequential, or punitive damages arising out of or related to your use of the Platform.

Our total liability to you shall not exceed USD 100 (or the amount you have paid to us in the past 12 months, if any).

9. Termination

We reserve the right to suspend or terminate your access to the Platform at any time, with or without notice, for any reason, including violation of these Terms.

10. Changes to the Terms

We may update these Terms from time to time. The updated Terms will be posted on the Website with a new effective date. Your continued use of TGT.gg after any changes constitutes your acceptance of the revised Terms.

11. Governing Law and Jurisdiction

These Terms shall be governed by the laws of the Hong Kong Special Administrative Region, without regard to its conflict of laws principles.

Any disputes arising from these Terms or your use of the Platform shall be subject to the exclusive jurisdiction of the courts of Hong Kong.

12. Contact Information

If you have any questions about these Terms, please contact us at:

Email: [Insert your contact email, e.g. support@tgt.gg]

Website: https://www.tgt.gg/

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